





The fashion charts It was the week that... This week's conversation

Chart of lust

COVER STORY

Victoria's heartache: "David isn't my soulmate"

COVER STORY

10 hot stories, including Kris gets her claws into Dakota, Kelly Clarkson's husband says her body is a turn-off, and more

COVER STORY

Barry Bradshaw's column

You, the fashion jury

And finally...

FEATURES

Feature: How to juggle babies and besties

Interview: An exclusive chat with

Adriana Lima

COVER STORY

Feature: Not sure what to do when the police stop you? Read up!

Love, love, love

COVER STORY

We shop this year's warm winter trends for you

COVER STORY

Mix and match and clash prints for maximum effect this season

Go back to basics with knits,

leather and faux fur

HEALTH/BEAUTY

Beauty charts

COVER STORY

Our top tips on how to get great hair for winter

Love, love, love

WEEK IN WEEK OUT

10 hot things to do

Entertainment: Scott Eastwood

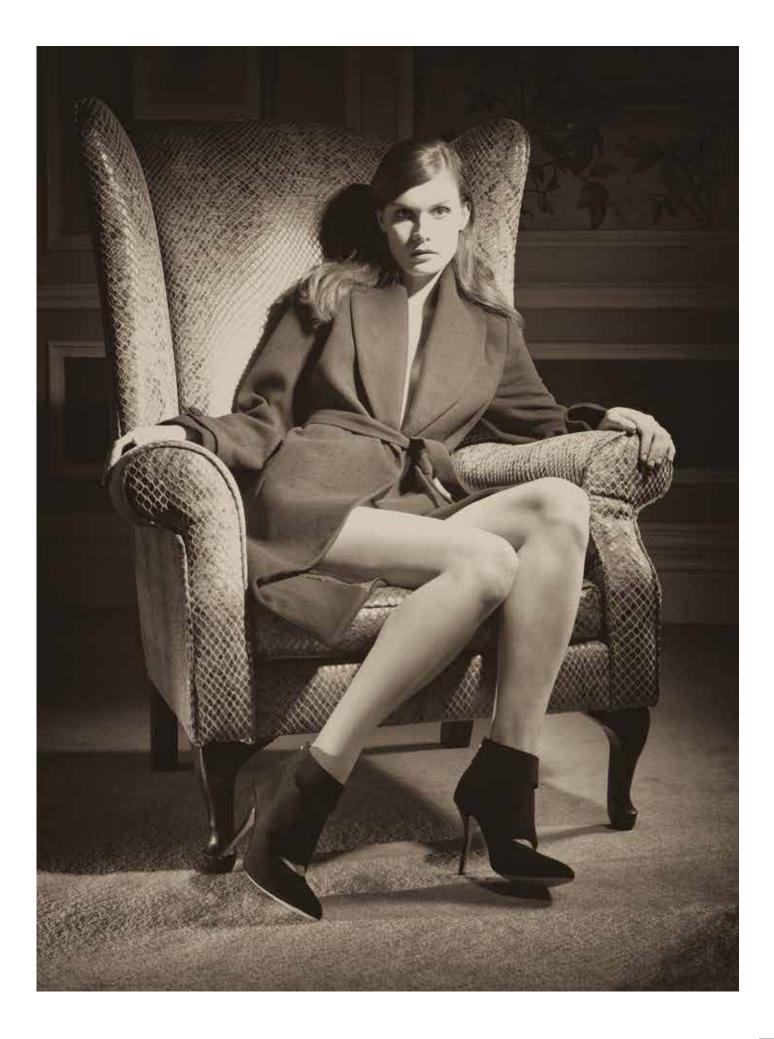
Entertainment: Riky Rick

AND THE REST...

Stockists

Party people: Royalty Soapie Awards and Converse All Star Andy Warhol collection launch

122 Goodie bag



PRINGLE OF SCOTLAND

1815 - 2015 CELEBRATING 200 YEARS

GRAZIA



April 15 2015

Welcome to the Big Fashion Issue. When we were brainstorming what to put in this issue, we decided to take pretty much every concern Team *Grazia* had about the new season and shove it into one whopping bumper book.

So, for example, "How on earth do I make these heels comfortable?" turned into our *How To Walk In Heels* feature on pg 75. "I really want a new coat for winter, but I don't want to look like a sack of potatoes," became our *Coat Check* story on pg 40, while "But *why* can't I wear this to the office?" was the starting point for *The New Workwear Rules* that you'll find on pg 72.

That's what I love about the fashion section of *Grazia* – not just this week, but every week: we really practise what we preach. Every item that appears on our pages is something we'd be happy to wear. And with so many different styles and personalities on the team, you're guaranteed a huge choice – so while junior fashion editor Nonki Thithi is all about city shorts and heels, senior journalist Guin Davies loves her blouses and flats. Believe me, we've got you covered.

So enjoy the special Big Fashion Issue, make a note of what you want to add to your wish list for the next season... and we'll see you at the mall!

Until next week!

TWITTER.COM/@KezSimon
INSTAGRAM.COM/kerriesimonlawrence

THIS WEEK ON THE WEB

GET IT ALL! Shop our shoe crushes and on-trend must-haves — bags, heels and fab dresses — at the *Grazia* Shop: Graziadaily.co.za.





FOLLOW US

Follow us on Instagram

@GraziaSAmag to stay up to date with the latest celeb news, behind-thescenes snaps, our fave beauty products, street style, the best shopping finds and loads more.





STARRING ONLINE THIS WEEK

Visit Facebook/GraziaSA for our fashion jury every Wednesday, and don't miss our favourite looks of the day.



ONLINE THIS WEEK

Head on over to Graziadaily.co.za and check out the hottest fashion and beauty trends for winter.



BANANA EST 1978

The TRUE OUTFITTERS of MODERN AMERICAN

SANDTON CITY | CAVENDISH SQUARE PARTICIPATING STUTTAFORDS

THE FASHION CHARTS

Behold this week's

BUMPER FASHION

CHARTS – and get

ready for winter

YES, EVERY
ITEM FEATURED
IN GRAZIA IS
AVAILABLE
THIS WEEK!





BIKER CHIC

We all need to find our forever leather jacket. it's our soulmate!



GOLD SIMPLICITY

This classic timepiece is the perfect addition to any outfit. Fossil at Superbalist.com, R1 999.



Calvin Klein, R9 199 -



FLOWER FIX

Power up your look with these embellished earrings. Mr Price, R30.



WIDE AND WONDERFUL

These Zara trousers, R659, will be your wardrobe staple for winter.



ITALIAN EYES

Unleash your inner Italian. Giorgio Armani* at Luxottica, R4 650.



Luxe leopard-print gloves will last a lifetime. Ted Baker at Stuttafords, R1 300.





Best you get a mani to show off these stackable rings. Pandora, R959 each.



SOFTLY, SOFTLY

Get cosy and warm in a super soft lambswool gilet. Witchery at Woolworths, R3 499.



PATTERN PRINCESS

A new range of bags has just been launched by Missibaba. This patterned beauty is R2 950.



FIT AND FLARE

This dress will last for years, and the midi length is perfect. Pringle of Scotland, R3 500.





COMIC DANCE

We love Pop Art and your feet will too in these Converse sneakers! R980









COAT OF ARMS

This chic coat from Guillotine, R4 200, will keep you warm all winter.



OLD-WORLD COMB

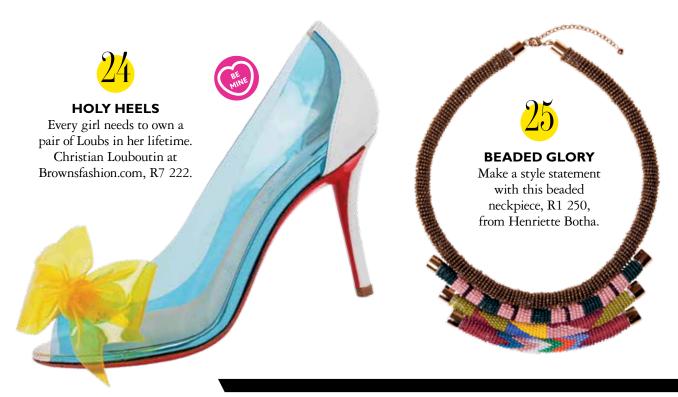
We love this classic Swarovski crystal and faux tortoiseshell comb. Dolce & Gabbana, R9 973.



23

ONE FOR THE LADIES

Exude ultra femininity with this ladylike bag. Charles & Keith, R1 279.









JONI MITCHELL WAS HOSPITALISED After she was found

unconscious in her LA home, the legendary singer was rushed to hospital, where she is said to be recovering.

The details of her condition have yet to be released, but Joni is known to suffer from the controversial Morgellons disease – a skin condition characterised by lesions that don't heal, "fibres" extruding from the sores and pins and needles.



A MOTHER KILLED HER SON IN A NYC RESTAURANT

Latisha Fisher, 35, was arrested after allegedly smothering her 20-month-old son, Gavriel, at a burger joint in NY. Eyewitnesses said Latisha locked herself in the toilet with Gavriel – when staff members forced their way inside, the child was unconscious and foaming at the mouth. A police source said Latisha "blamed the devil".



'I am from every continent in Africa, except for one, and I'm from every continent in Europe, except for one!' — Raven-Symoné, who clearly needs geography lessons





We met the baby born without a nose

Eli Thompson melted everyone's hearts when his story was shared with the world last week. The tot was born with no nose due to a rare malformation known to affect just 1 in 197 million babies. However,

he is able to breathe perfectly through his mouth, thanks to a tracheotomy. Eli's parents, Troy and Brandi, say they won't perform plastic surgery on their son until he's old enough to decide if he wants to go that route himself.



THIS HEART-RENDING PICTURE WENT VIRAL

An image of a four-year-old Syrian girl who "surrendered" to photojournalist when she mistook his camera for a gun went viral last week. According to Osman Sagırlı, who took the photo: "I realised she was terrified after I took it and looked at the picture, because she bit her lips and raised her hands. Normally kids run away, hide their faces or smile."

1 in 5

The number of men who say they would sleep with their boss in order to get ahead at work – double the proportion of women who said they would.

Word of the week

TOE FAT

We never knew it existed, but according to Kanye West, Kim Kardashian "needs" to lose 7kg – with some of that being between her toes.

)



Gunmen attacked a Kenyan university

At least eight people died, and 30 were injured after ten armed gunmen stormed the Garissa University College in Kenya and opened fire on students and staff members. At the time of going to print no group had claimed responsibility, but it's believed that Al-Shabaab militants were behind the attack. According to an eyewitness, the gunshots started going off "like fireworks" at around 5am when the 300 students were busy with their morning prayers.





AMANDA KNOX WAS EXONERATED

Italy's Supreme Court overturned Amanda and her ex-boyfriend Raffaele Sollecito's second murder conviction for the 2007 slaying of her roommate Meredith Kercher, who was found with her throat slit. The Seattle-based 27 year old previously served four years in an Italian prison for the killing and is now said to be seeking compensation for "wrongful imprisonment".



#GarissaAttack According to CEC Health 30 casualties taken to hospital. 4 are very serious. Majority of

Casualties have gunshot wounds.

129 AM - 2 Apr 2015

TREVOR NOAH RESPONDED TO THE HATERS

The local comedian made SA

proud when it was announced that he would be replacing Jon Stewart on *The Daily Show* later this year. However, it wasn't long before some Americans discovered a few of his old tweets and accused him of being a sexist and anti-Semite. In response, he wrote on Twitter: "To reduce my views to a handful of jokes that didn't land is not a true reflection of my character nor my evolution as a comedian."



Mandla Mandela was found guilty of assault

Two years after Nelson Mandela's grandson was involved in a road rage incident in Mthatha, a regional court in Eastern Cape found him guilty of assault. He had been accused of assaulting Mlamli Ngudle and pointing a firearm at him. Mandla admitted to slapping Mlamli in self-defence but claimed he never pulled out a gun. He'll be sentenced in June.

Words: Sonja Raath. Sources: Buzzfeed.com; Time.com; Edition.cnn.com; Celebitchy.com; Msnbc.com; Dailymail.co.uk; Ewn.co.za; Nydailynews.com; News24.com; Timeslive.co.za; BBC.com; NYtimes.com. Pictures: Elitephotoagency.com

TOMMY - HILFIGER



Available from Tommy Hilfiger: Sandton City, Victoria & Alfred Waterfront and Participating Stuttafords stores.

STUTTAFORDS







IT'S HAPPENING AGAIN. Walk into any mall and winter fashion is being screamed at you. You can park your car outside in 30 degree heat and walk directly into a giant billboard shouting "MUST-HAVE CHUNKY KNITS!" It shakes me every single year. It's almost more unnerving than Christmas in October. Must I really have those chunky knits now? Can't I wait until June, when it's actually cold?

In fact, I've just wrapped my head around summer clothing. I'm not a good shopper. Choices fluster me, so it takes a while to get my mind around what I should buy (being neither a lithe 20-something nor a conservative matron) and when I have finally decided what I need, there's either nary a tee in sight or - if there is one - it's an XXS marked down 75 percent on a sad-looking sales shelf.

And that's just the normal stuff. A scary purchase like a swimsuit? I haven't worked up the nerve yet to buy my 2014/15 swimming costume, and when I finally did screw up my courage to go and try some on, the displays I had been avoiding were no longer there, despite my family still spending our Sundays on the beach.

(This happens to me every single year actually, which is one of the

main reasons I always wear Speedos: not because I am a serious swimmer but because those are the only cossies available all year round.)

I was explaining my shopping problem to a friend the other day. She looked at me strangely.

"Sam, you know that's precisely why winter clothes become available in March?" she said slowly. "So that you can research what's out there, decide what's good for your body and what will make you happy and then add the new pieces to your wardrobe - before you find yourself heading out into the cold in your sale T-shirt. It's called being organised. You sound like one of those sad people who buys umbrellas when it is actually raining."

I really took this to heart, mostly because this particular friend is very well dressed. Also (and I didn't tell her this) because I am one of those very sad people who buys umbrellas from street merchants while it is raining,

absolutely every year.

So, this year, I am turning over a new collar and embracing autumn/ winter fashion at the very beginning of autumn and not when I'm already freezing in a sale tee. I'll let you know how it goes next season. Happy winter wardrobing, everyone.

WHEN DO YOU START BUYING WINTER CLOTHES? TELL US BY EMAILING US AT GRAZIA@GRAZIASA.COM



This week, who we LOVE, want TO TWEET, and, yes, even ACTUALLY BE...

I UP **Zooey Deschanel**

Our favourite dork has signed a contract to produce a fifth season of New Girl. Here's hoping she does a sixth after her baby is born.



6 NEWCOMER

Jason James

Richter

So this week

we were sent

a photo of Jason,

Jason ain't a kid

anymore.

the "kid" from Free

Willy. Let's just say

4 UP Jake Gyllenhaal

When we saw pics of Jake's super-ripped bod in upcoming flick Southpaw, let's just say we needed a tall glass of water.



7 NON-MOVER Mariah Carey

We get that normal rules don't apply to you when you're Mariah, but wearing a robe to fly home from your St Barts holiday...?



2 NEWCOMER Sofía Vergara

Proving that the woman must have been born in heels, Sofía wore her sky-high stilettos for a shopping spree. As you do.



3 NEWCOMER David Cameron

We're still trying to wrap our heads around it, but the British prime minister has claimed to be 13th cousins with Kim Kardashian. Sav what?!







in three days.

NON-MOVER amie Dornan

The 50 Shades actor confessed he stalked a woman to help prepare for his role as serial killer ir series The Fall. WTF?



9 NEWCOMER Sean Penn

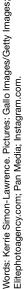
...and Bono had a boys' night out at celebrity hotspot Craig's Restaurant in Hollywood. Who knew the singer and actor were mates? Not us!





IO UP Cara Delevingne

We were impressed with her acting in the Paper Towns trailer, but now she's gone and upped the ante by singing with Pharrell Williams at the Chanel show. And she was good!



GAUTENG Menlyn CALL IT SHOES

R599

CALLITSPRING.COM



Many don't know that Victoria Beckham lost her first love when he died of pneumonia a few years ago. But now, as she throws herself into her work, those close to her worry that she's never recovered from his death. We report on Posh's lost love, as well as the man helping her through this difficult time...

VICTORIA'S HEARTACHE: 'DAVID ISN'T MY SOULMATE'



BEFORE VICTORIA BECKHAM

became a household name, she dated Canadian actor Corey Haim – best known for his role in the 80s flick *Lost Boys*. While their relationship was short-lived, Corey confessed shortly before his death in 2010 that Victoria was his soulmate.

And even though Victoria started dating famous footballer David Beckham in 1997, those close to her say she never quite got over Corey and that his death affects her to this day.

A LOVE LOST

Victoria and Corey met in 1995, a year after the Spice Girls got together. In her autobiography, *Learning To Fly*, Posh confirmed the relationship, saying the couple met at a London recording studio and that sparks flew as they locked "sniper eyes".

Though their relationship was turbulent – they constantly fought over Corey's drug abuse – those close to Victoria say she fell hard for the former child star and declared to her friends and family that she was going to spend the rest of her life with him.

In an interview before his untimely death, Corey confirmed as much. He said of his relationship with Victoria: "We were soulmates. We were really serious. She even took me to her family home, where her parents warned me against visiting her bedroom at night."

But two years after they got together, the then-21-year-old Victoria called it quits as she realised she couldn't compete with Corey's substance addiction. Almost immediately after their break-up, Victoria met David at a soccer game. And while their relationship escalated quickly, friends say she never really had time to heal from her Coreyinduced broken heart.

"David came along, and Victoria was swept up by his fame. It was the distraction she needed at the time," said a friend. "But with most rebounds, you break up with them and then deal with the real issues. Victoria never got that chance because she and David never broke up. She still hasn't dealt with everything that happened with Corey."

According to industry insiders, even though Victoria married David in 1999, she still had unresolved feelings for her ex. So much so that he had always been a source of tension in their marriage.

"David knew that when they first met, she was probably expecting to end up with Corey again. It was a bruise to David's ego, and he hated hearing Corey's name," said one source.

On March 10 2010, Corey was found unresponsive in his California apartment. A coroner ruled that the 38-year-old star died of pneumonia and not of an overdose, as initially reported.

When news broke that Corey had passed away, a friend revealed, "Victoria hadn't had any contact with Corey for a few years, but she was still shocked to learn of his death."

Another source added, "She always loved Corey and still believes that if it weren't for his drug problem, she would have married him. They had unfinished business. Now that he's dead, she'll never get proper closure. And to make it worse, David refused to comfort her over the tragic news."

Now five years after his death, those who know the fashion designer say she is still dogged by thoughts of what could have been.

"She adores her family, and she wouldn't trade them for the world. But lately, she's been thinking about Corey a lot," said a friend. "When big stuff happens, like her fashion shows or when she wins awards, she will often quietly mention that Corey always told her she'd be a big deal one day. She's still grieving. It's awful to see her like this. The man she thought she'd spend her life with is dead, and the man she did end up marrying doesn't want to comfort her."



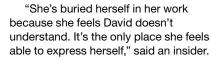


Victoria and David Beckham (top) have only had four public dates this year, and the one time the whole family was seen together was at her NY show (above). VB's reported confidant is long-time pal Ken Paves (above right)

ALL WORK AND NO PLAY

As *Grazia* has reported extensively over the years, Victoria's marriage to David has been anything but a fairy tale. But despite the couple being dogged by rumours of David's infidelity, they have managed to stay together – with many saying it's for the sake of their four children: Brooklyn, 16, Romeo, 12, Cruz, ten and Harper, three.

And though it seems David has been behaving lately, those close to the Beckhams say that tension is still rife in their marriage, due in no small part to the fact that Victoria is still dealing with the loss of her ex.



David and Victoria have only had four public dates this year, and the only public event that the whole Beckham clan attended together was Victoria's NY Fashion Show on February 15.

And though Victoria misses so much family time and barely spends any quality time with her husband because she is so busy, a source close to the couple has said she also resents David's hectic work schedule.

So, if not her husband, who is Victoria relying on for emotional support? Cue her BFF and "substitute husband" – Ken Paves.

SUBSTITUTE HUSBAND

Victoria and Ken have been pals since 2006. The celebrity hairstylist has been by Posh's side through thick and thin, travels with her and is reportedly her emotional crutch.

"Ken is Victoria's biggest confidant," revealed a source. "She tells him everything – things she wouldn't tell David. He knows all about Corey and the feelings she still has. She feels like he doesn't judge her."

According to another source, Victoria has also confided in Ken about her marriage. "She always asks him for relationship advice," said the insider. "He's the reason she's managed to keep it together this long. Whenever she starts thinking about leaving David and jumping ship, Ken offers her support and encourages her to work on her and David's marriage."

Friends close to the 40 year old say that Victoria would be a complete emotional mess without Ken. "He's the man in her life when David's away," said the source. "Sometimes he seems like more of a husband to her than David is. We don't know what she'd do without him. She's in a really bad space right now, so hopefully Ken can help her through it like he always does."

BVLGARI



BVLGARI AQVA DIVINA

THE NEW FRAGRANCE FOR WOMEN





1

Now that Dakota
Johnson (left) is hot
property, Kris Jenner
(far left) is trying to
become her manager
and has even gone
away on holiday with
Dakota (right and
below) and her mom,
Melanie Griffith
(bottom), to get the
papers signed





from long-time hubby Antonio Banderas.

"Kris offered to pay for the entire trip," said a source close to the stars. "She booked them into the best hotel in Cancun and made sure no expense was spared. She knew Mel and Dakota wouldn't say no to a weekend of pure pampering."

Another source added, "It's plain and simple – Kris has made friends with Melanie in order to get closer to Dakota. Kris always has an ulterior motive for everything she does. When she looks at Dakota she sees dollar signs. So she used the trip as an opportunity to get close to Dakota and convince her to take her on as a manager."

Kris was apparently so determined to get into Dakota's good graces that she even missed her son Rob Kardashian's 28th birthday. "Kris is more focused on finances than family," said the source.

But apparently, Dakota isn't biting. An insider close to the situation explained: "All of the groundwork Kris has laid down with Melanie could be for nothing. While Dakota likes Kris and admires how she's managed to build up the Kardashian empire, she's worried that being

associated with the Kardashians could taint her image.

"Dakota knows that everyone loves to hate the Kardashians, and she doesn't want to fall in the same bracket. Also, she's concerned that Kris has only worked with family, who are nothing more than reality TV stars."

However, if Melanie has her way, it seems like Dakota may be swayed. The insider went on to say, "Melanie keeps telling her what a great opportunity it would be for Kris to represent her. She's constantly pressuring Dakota to reconsider, reminding her of how many millions Kris has made through her daughters. Right now, it could go either way."

RUTHLESS MOMAGER Kris Jenner is apparently desperately trying to recruit 50 Shades Of Grey star Dakota Johnson as her client – and she's going to extreme lengths to get her onto her books.

It's evident from her track record that Kris knows how to cash in on opportunities. So when her BFF Melanie Griffith's daughter became hot property and worth a sweet R520 million, it was no surprise that Kris wanted to grab a piece of the money-making pie.

As *Grazia* reported a few weeks ago, Kris, Melanie and Dakota flew to Cancun, Mexico, for some R&R recently. However, while on the surface it may have appeared that it was an innocent girls' weekend away, those close to Kris have alleged that she had ulterior motives.

According to multiple sources, Kris was the one who suggested the getaway, saying it would be the perfect opportunity for her, Dakota and Melanie to soak up the sun and get over their recent heartbreaks – Kris recently split from toyboy Corey Gamble; Dakota called it quits with her boyfriend of a year, Matthew Hitt; and Melanie is still recovering from her divorce



FIND YOUR MOMENT #ckminute

Calvin Klein

swiss made



Kelly Clarkson gave birth to her baby girl, River Rose Blackstock - and we've applauded her devil-may-care attitude to the pressures of shedding the postpregnancy kilos, taking to the stage and proudly flaunting her motherly body.

But she hasn't been without her detractors. Case in point is when outspoken UK TV personality Katie Hopkins took direct aim at Kelly after her appearance on The Graham Norton Show with a series of fat-shaming tweets saying, "Jesus, what happened to Kelly Clarkson? Did she eat all of her backing singers? Happily I have wide-screen," and "Look chubsters, Kelly Clarkson had a baby a year ago. That is no longer baby weight. That is carrot cake weight." Kelly responded by saying, "She's tweeted something nasty about me? That's because she doesn't know me. I'm awesome! It doesn't bother me. It's a free world. Say what you will." Amen.

Unfortunately for 32-year-old Kelly though, rumour has it that Katie isn't the only one taking issue with her fuller figure. According to insiders, her husband of almost two years, Brandon Blackstock, isn't exactly a fan of his wife's new curves either - and can't understand why it's taking Kelly so long to shift the weight.

"He just feels like she's stopped caring," said an insider. "When they met, she was fit, she loved the gym, she looked feels like her body is a turn-off." Ouch.

This may be why Brandon, 38, has apparently been partying up a storm and flirting with waitresses and model types at nightclubs while Kelly has been away from home, hard at work promoting her latest album.

Only last week Brandon was spotted looking cosy with a brunette beauty in their hometown of Nashville, Tennessee, while club-hopping between the city's popular night spots Karma Lounge and the Wildhorse Saloon.

This isn't the first time cheating rumours have dogged the couple, but friends have begun to fear this could be the final straw for Kelly and could mean a R360-million divorce is on the horizon.

And even though Kelly has been at pains to clarify she isn't about to start torturing herself to fit into a size two, rumour has it that she's in the middle of working out an endorsement deal with Weight Watchers. And she's considering a second pregnancy, à la Jessica Simpson, before she signs on the dotted line.

Unfortunately for her, not only is Brandon apparently not on board with baby number two, but he won't go anywhere near her now because of how she looks - which Kelly herself admitted in an interview at the beginning of the year, saying, "My husband is running from me because I want another." Uh-oh. ■



Words: Guinevere Davies. Sources: Celebdirtylaundry.com; Radaronline.com; Hollywoodlife.com; Crazydaysandnights.net. Pictures: Elitephotoagency.com; Gallo Images/Getty Images.





BELOVED STAR Tom Hanks is said to be at breaking point after his out-of-control son, Chet, allegedly relapsed into cocaine and crystal meth use.

Tom, one of the most well-respected actors in Hollywood, is considered the perfect family man. While his other children – Colin, 37, and Elizabeth, 32, from a previous marriage, and Truman, 20 – all seem to take after their famous father, 24-year-old Chester (nicknamed Chet) couldn't be more different.

As *Grazia* previously reported, Chet – Tom's eldest son with his second wife, Rita Wilson – was admitted to rehab towards the end of last year. It seemed the aspiring rapper was making progress – in November he tweeted that he was 60 days sober. Now, sadly, it's alleged that he has fallen off the wagon. Insiders say Chet feels he'll never be able to live up to his

famous father's achievements.

"Chet has been addicted to drugs since the age of 16," a source revealed. "He's always felt overshadowed by his family and has never really found a purpose. When Chet decided to become a rapper, he started mixing with the wrong crowd. They're the ones who got him hooked on drugs in the first place."

What's worse is that Tom is said to have unwittingly contributed to his son's habit. According to various insiders, Tom was supporting Chet financially and paying for his college tuition — while Chet was blowing the money on drugs instead of school. He had descended into full-blown addiction by the age of 23.

"When Tom found out that Chet was an addict, he was heartbroken," another insider said. "He immediately checked him into rehab. He felt like he'd failed as a father."

The source continued, "So when Tom found out Chet was using again just this month, he was understandably crushed. Both Rita and Tom have tried sober companions and counselling – they have spent six figures trying to keep Chet clean – but nothing has worked. Right now, they're working on staging an intervention but are worried that because Chet is of legal age, he will fight them on it. They are very intent on saving him but may have to resort to desperate measures to do so."

According to a close family friend, Tom and Rita are even considering cutting Chet off financially. "That way, he won't have any way of fuelling his drug habit," said the source. "But Chet will find a way. He's already threatened that if his parents stop giving him an allowance, he'll just reach out to friends for handouts and a free place to live."



Tom Hanks and his son, Chester (above left). Tom and his wife Rita Wilson (above) are desperate to save Chet from addiction

If Chet doesn't get help, the fear is that his addiction will kill him. "Tom's at his wits' end," said the source. "He feels like he's run out of options and that his son may be beyond help. Right now, he is not only dealing with the fact that Chet is using again but that there may be nothing left for him to do to help his son. He's worried this can only end one way."

Words: Sonja Raath. Sources: Radaronline.com; Blindgossip.com; Latimes.com; Mercurynews.com. Pictures: Gallo Images/Getty Images.











WHEN THE RAIN HIT the international fashion weeks earlier this year, all excuses for dressing down were moot. No longer can you get away with your old Wellingtons and a simple raincoat. This year, your rainy weather threads should be as chic as your fair weather fashion. Try a colourful plastic mac with a statement dress and sneakers, or opt for a parka. Bring on the big wet!



THE PERFE







CT STORM







Words and styling: Nonkuthalo Thithi. Pictures: Gallo Images/Getty Images; Mondadoriphoto.com; Supplied.



10 **HOT** STORIES





I. Mr Price, R180. 2. Carhartt at Asos.com, R375. 3. Lemon Jelly, R1 699. 4. Accessorize, R699 5. Neff at Graziadaily.co.za, R499. 6. Forever New, R799. 7. The North Face at Polyvore.com, R1 925. 8. Edgars, R200. 9. Avantagarde at Graziadaily.co.za, R225. 10. Mango, R849. 11. Next at Graziadaily. co.za, R1 335. 12. Scotch & Soda, R3 700. 13. Onitsuka Tiger, R1 099. 14. Witchery at Woolworths, R299. 15. & at Graziadaily. co.za, R260. 16. Zara, R999. 17. Forzieri. com, R1 445. 18. Havaianas, R829. 19. Woolworths, R130.







IN WHAT IS SET TO BE the showdown of all showdowns, it seems Oscar-winning co-stars Julia Roberts and Nicole Kidman appear to be facing off on the set of their latest film, The Secret In Their Eyes.

According to one on-set insider, Julia, 47, has a major problem with 47-year-old Nicole's snobby attitude. "Julia hates the way Nicole treats the crew! She acts like they're servants and doesn't talk to them – except to issue commands – while Julia knows everyone's first name and makes a point of being friendly," said the source.

And there was one incident that really got under Julia's skin. The insider explained: "Trouble erupted when Julia heard Nicole didn't sign a card passed around for a make-up lady having a

birthday. Totally ticked, Julia ordered a huge birthday cake and had it delivered right outside Nicole's trailer. She led the cast and crew in a super-loud singalong of *Happy Birthday* – right under Her Majesty's window."

Oh, yes. Julia is calling Nicole "Her Majesty" behind her back, thanks to Nic's holier-than-thou attitude.

For her part, Nicole apparently can't stand Julia's complete lack of professionalism on set. While Nic has been hard at work learning her lines and keeping in character in the emotionally taxing remake of the 2009 Oscar-winning Argentinean crime drama, it seems she is peeved that Julia has been neglecting her role in favour of making sure she's winning all of the unofficial popularity contests on set.

For the moment it looks like the

cast and crew are reluctant to choose between Team Julia or Team Nicole for fear of ruining their working relationships with two of the most powerful women in Hollywood.

All, that is, except for Julia's husband, Danny Moder, who is working on set as the film's director of photography. An insider claimed it was Julia's decision to have Danny on set with her, so they could continue their regular couple's counselling sessions.

"The marriage is not in trouble, but the second Julia noticed they were growing apart, she warned Danny that divorce was not an option. They don't want the spark between them to fade, and the counselling sessions are more so they don't grow apart," a source explained.

We guess that makes it two against one, Nic. ■

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Tom Tailor at Edgars, R40



Jane Sews, R799



Accessorize, R499



Factorie, R300



WE'VE APPLAUDED the genius that is normcore in seasons gone by, and now it has taken on a whole new persona for winter. Just like its summer counterpart, winter's normcore finds its comfort zone in neutral colours, relaxed styles and easy-fit jeans, but it has a cosier, marshmallows-infront-of-the-fire feel about it. Count us in! ■



Zara, RI 799





Dolce & Gabbana* at Luxottica, R3 890



Country Road at Woolworths, R699



Words and styling: Alannah Jones. Pictures: Gallo Images/Getty Images; Supplied. *Glasses model number: DG3216 501.









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100 YEARS OF THE COCACOTA BOTTLE

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10 **HOT** STORIES



EVER SINCE HER LOVE RAT ex-husband, Jesse James, cheated on her in 2010, the only man in Sandra Bullock's life has been her five-year-old son, Louis. However it seems that the Oscar winner is finally ready to give her heart to someone again. The lucky man? Comedian Michael McDonald.

While Sandra and Michael have been close friends for years, even appearing in the flick *The Heat* together, those close to the actor say he's always wanted to take his relationship with Sandra to the next level.

"Sandra has always been attracted to Michael, but Jesse burnt her badly," revealed a source. "Michael never gave up though. He's been patient while Sandra heals and has let her know that he'll always be there for her, no matter what. Sandra finally realised that the man of her dreams has been standing right in front of her this whole time."

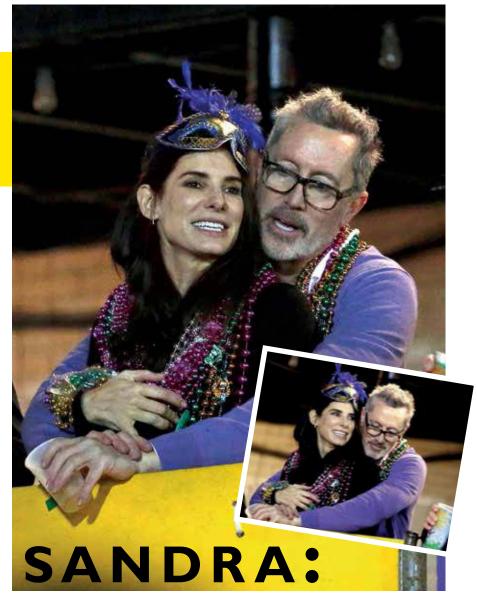
Proving that they were more than friends at this year's Mardi Gras celebrations in New Orleans, Sandra and Michael put on a public display of affection while they watched the night's festivities along with Louis and Sandra's BFF, Chelsea Handler.

"Sandy was surprised, but you could see it coming," revealed another close friend of the star. "It's still early, but Sandra is very happy with Michael. She's still nervous about the future and being left brokenhearted again, but Michael is crazy about her and keeps reassuring her that this is the real deal."

A second insider added: "Sandra is such a private person, so showing off her romance in front of friends says a lot about what Michael must mean to her. Even though she's anxious about where this might go, she's excited more than anything. Michael has an amazing quality that Sandra can't resist – the ability to keep her laughing."

Apparently, Michael is so committed to the 50 year old that he's recently spoken about them settling down together. He's even reportedly mentioned to Sandra that he'd like to become Louis' adoptive father one day.

"Michael has encouraged Sandy to look into letting him be one of Louis' legal guardians, so they can raise him together," said the source. "Sandra's taking things slowly but she's really thinking about it. She finally feels that she will have the family unit she has always dreamt of."



READY TO LOVE AGAIN



Sandra Bullock is finally moving on from ex Jesse James (top left). The actress enjoyed Mardi Gras with comedian Michael McDonald (above) and her son, Louis (left)



10 **HOT** STORIES



COATCHECK

Although autumn is here and it's still mild outside, you need to make a very important decision for the coming season now – which coat are you going to rock this winter?

UTILITY

Do you prefer practical, low-maintenance clothing? Then it's time to invest in a ute! Pick from utility coats like the parka, army coat and the all-weather puffer.



Country Road at Woolworths, RI 399





London Hub at Graziadaily.co.za, R990



Old Khaki, RI 399

ADD TO CART









Max Mara, RII 080

TRADITIONAL

With normcore being such a hot trend for winter, traditional pieces like the trench coat, the duffle coat or a coat featuring a Prince of Wales check are the obvious choice for the girl who favours time-honoured traditions. This coat will last for years!



PRINTS

Let your coat do the talking by choosing one featuring a print, whether it be floral, brocade or leopard. Prints are confident, loud and ready to party!



Foschini, R899

Zara, RI 799



Words and styling: Kirsty Stoltz. Pictures: Supplied; Gallo Images/Getty Images.

Yarra Trail at Stuttafords, R3 030



Marni at Nordstrom.com, R27 837



Stuttafords, R4 600





Etro at Net-a-Porter.com, R23 300



C(inch) at Graziadaily.co.za, R599



AT THE MOMENT, the UK's Queen Elizabeth II has a housekeeping staff of 200 diligently polishing the silverware, vacuuming her Persian rugs, dusting the royal portraits and pandering to the needs of the corgis that roam around Windsor Castle.

Even though their job descriptions might sound like something out of a Disney fairy tale, according to recent reports staff morale at Windsor isn't exactly peachy. And for the first time in the history of the British monarchy, the Queen could be facing a strike!

According to an inside source (who may or may not be a disgruntled royal employee...), the big problem is that the staff are paid less than a reasonable living wage, while they are also expected to go above and beyond their individual job descriptions by giving guided tours to visitors, providing first aid and interpreting when needed.

And when you consider that Windsor Castle, the largest and oldest occupied castle in the world, attracts about 1.1 million tourists a year, that's a lot of overtime...

"For whatever reason, people want to go and work for the royal family – and the royals abuse that goodwill," the insider revealed, adding, "It boils down to the simple issue that they should consider what message it sends to the world, that staff who are the public face of the royal family at Windsor are paid such low wages. They would be mad not to give them extra. We will have to see if they can hold out, but we're not asking for a king's ransom."

For the record, household staff are said to earn about R252 000 a year, but the recommended living wage for London is R359 000 a year. It is believed that Her Majesty has long felt that the prestige of working for the British monarchy was a bonus in and of itself. While she may have gotten away with this argument in 1955, it seems it doesn't have as much power in 2015.

As Mark Serwotka, general secretary of the UK Public and Commercial Services Union, explained, "These workers are loyal to their employer and committed to ensuring that visitors are given the royal treatment. It is scandalous that staff are so appallingly paid and expected to do work for free that brings in money for the royal family." He does have a good point.

Whatever the outcome, somewhere on maternity leave we're sure Kate Middleton (rumoured to have had issues with the Queen's staff spying on her) is smiling.



- 1. CLOSED WEDGE R769 2. SNEAKER R679 3. HIGH TOP SNEAKER R699
- 4. SATCHEL R1179 5. TOP HANDLE STRUCTURED BAG R1199 6. TOP HANDLE BAG R1049

SUPERSONIC

WHERE SPORTY MEETS COLLEGE PREP, PLAY AROUND WITH STRUCTURED AND FUNCTIONAL SNEAKERS, FLATFORMS, AND ATHLETIC SANDALS FOR A BURST OF ENERGY IN COLOUR-PLAY. THINK TAILORED SPORTY GETUPS WITH A POST-GRUNGE UNDERTONE.









CHARLES & KEITH





LAST WEEK, PURVI PATEL was sentenced to 20 years behind bars in Indiana, US, after suffering a miscarriage that authorities alleged was the result of a self-induced abortion.

In July 2013, Purvi rushed to the St Joseph Regional Medical Center in Mishawaka, Indiana, after she started bleeding uncontrollably. The restaurant manager at first denied that she had been pregnant but eventually told doctors and health workers that she had miscarried at home, in her 24th week.

She also explained that she had disposed of the foetal remains in a trash bin. After police found the remains, they arrested Purvi on the charge of "neglect of a dependent".

A month later, county prosecutors added the charge of "feticide" against her. According to a sworn statement in support of the arrest, Purvi had sent text messages to a friend, explaining that she had obtained two drugs from Hong Kong that could help her terminate her pregnancy. She had also allegedly told the friend that she had taken the pills, hoping she would miscarry.

Purvi Patel (above) was sentenced to

20 years behind bars after she was found guilty of feticide and neglect of a dependent. During the case proceedings, many women's rights activists were protesting against Indiana's feticide law (left), as it could result in the state prosecuting more women who choose to have abortions

While there are clear concerns over Purvi's case – like the fact that her 24th-week termination took place far too late in the pregnancy to be considered humane and that she obtained the drugs without a doctor's prescription – many observers believe that Purvi's case set a shocking new precedent in Indiana's feticide law. It was originally created to prosecute acts by violent third parties such as abusive boyfriends and was never intended to criminalise and stigmatise abortion or miscarriages.

Because Purvi was found guilty of feticide, the law is now being viewed as a law criminalising abortion, which theoretically allows the state to punish a woman who chooses to end her pregnancy — even when the procedure is supervised by her doctor.

Kathrine Jack, an attorney who has followed the case closely, said that the verdict sends a message to pregnant women in Indiana that if they seek an abortion, they could be criminally investigated and charged with feticide. She added, "I'm afraid pregnant women in Indiana are going to fear going to the doctor."

According to pathologist Joseph Prahlow, "This is the first case I can find in which a state-level feticide law has been successfully used to punish a woman for trying to have an abortion. Women have been charged with other crimes after taking abortion pills without a prescription, but the feticide charge appears to be Indiana's idea."

He continued, "Purvi's case stands out for the draconian length of the sentence she received and for the disturbing image of a baby left in a dumpster. But it is also part of a pattern.

"This case shows how easy it is to sweep up women who've had miscarriages and stillbirths into a criminal justice framework. It seems that Indiana is trying to stop women from having abortions by terrifying them into believing they are criminals if they do have one."







FOSSIL

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STYLE HUNTER

Our Style Hunter crew hit the streets of Rosebank, Jozi, and found the fash pack. Check out how this awesome foursome styled up their city looks!

KIRCHIA DU RANDT, 21





SIPHOKAZI GWAMANDA, 36



Compiled by: Nonkuthalo Thithi. Pictures: Roxanne Lindenberg.

Statement
accessories are
your must-have
seasonal updates



are perfect.

fashion choices'

THANDO SITHOLE, 19

Student

SHIRT: The short sleeves and longer length make this white shirt even more desirable. **JACKET:** The transitional season is all about layering and a chic jacket is a must-have. 'Art inspires my

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WHEN FERTILITY FRACTURES YOUR FRIENDSHIP

From fertility envy to the new-parent time-zap, baby news can cause even the strongest of friendships to implode. Here, our experts reveal how to juggle motherhood with besties

THERE IS NOTHING LIKE a new baby to turn your world on its head. When you're plunged into the all-consuming maze of sleepless nights and dirty nappies, it leaves little time for your friendships. Friends have to take a backseat to antenatal classes, baby yoga and night feeds, and if that friend is struggling to conceive herself, your bundle of joy can push her even further away. Here, our experts reveal how to mend the most common friendship fractures caused by fertility...

SHE'S PREGNANT, AND YOU WANT TO BE

Your best friend is pregnant, and while you want to be delighted for her, your own struggle to conceive makes it hard to see her growing bump. Sound familiar? Baby envy is increasingly driving a wedge between 30-something women, and for the friend left struggling to conceive, it can throw up some pretty uncomfortable feelings. This is something Jessica*, 38, knows all too well. After several unsuccessful rounds of IVF, the news that her best friend, Jayne*, was pregnant left her feeling angry and resentful.

"I felt like everyone around me, from my colleagues to my sister, was pregnant, so when Jayne called me to tell me her good news, all I felt was anger, bitterness and resentment,"





(ALMOST THE SECOND I GOT PREGNANT AND WASN'T ABLE TO GO OUT AND PARTY, FRIENDS WERE SUDDENDLY QUITE NASTY)

she recalls. "It unlocked some very dark emotions inside me."

Rather than being able to share in Jayne's excitement, Jessica retreated from the friendship. "She had everything I longed for and, I'm ashamed to say, I hated her for it."

Jessica is not alone. One in six couples experience fertility problems and, according to fertility counsellors, feelings of anger or jealousy are increasingly common.

"If you are struggling to conceive, seeing a friend radiant with that pregnancy glow can send you from joy to jealousy in a flash," warns counsellor Suzanne Degges-White, co-author of Friends Forever: How Girls And Women Forge Lasting Relationships. "You may view her expanding belly as a reminder of your own failure to conceive."

It's natural to want to pull back, but if that's the case, be upfront with your friend. "Let her know that while you are truly thrilled for her, it is painful for you. A good friend will be able to empathise with where you are and your struggles," Suzanne says.

YOU'RE PREGNANT, AND SHE WANTS TO BE

From the moment Kayla*, 35, saw the clear second line on her home pregnancy kit, she couldn't wait for the three-month mark, so she could tell all her friends the exciting news that she was expecting her first baby. All except one, that is. Her best friend, Carla*, had been unsuccessfully trying to conceive for eight years, and the thought of breaking the baby news to her filled Kayla with dread.

"I was a bag of nerves beforehand," says Kayla. "She didn't take the news

well and burst into inconsolable tears. I felt for her, as I know how much she's longed to be pregnant, but part of me was resentful that she was taking the shine off what was supposed to be a really happy time for me."

The gulf between the friends grew throughout Kayla's pregnancy. "I didn't want to appear like I was rubbing salt in her wound, so I steered clear," says Kayla.

"It's normal to be excited about your pregnancy. However, it is also normal for someone who wants what you have to be envious or resentful," says Suzanne.

Be sensitive to her feelings, advises Suzanne. "Make time for her, and consciously focus on what is going on in her life."

SHE FEELS YOU HAVE NO TIME FOR HER SINCE YOU HAD A BABY

It's not that you're deliberately neglecting your friendship, but when it takes you three nappy changes and two changes of clothes just to get out of the house, even meeting your friends for a coffee can seem an impossible task.

And for your friend, getting used to having a baby as a third wheel in your friendship will take some adjustment.

"Once a woman gives birth, the baby's every vomit or nappy change becomes a potential topic of conversation. Anyone who is not a new parent herself is going to find the subject less than compelling and possibly disgusting. And your friend may also be oblivious to the fact that being a new mother is one of the most exhausting states any woman could ever experience," Suzanne says.

"When your friend complains that

she hardly sees you, consciously find ways to include her in your social life, as different as it may now be. Walking the baby, visiting baby-friendly restaurants, and taking strolls through the park are all activities that can be shared with the new baby and your friend," Suzanne adds.

HER BABY IS GETTING IN THE WAY OF THE FRIENDSHIP

Since becoming a mother, singer Lily Allen has spoken out against her former party pals, who she claims ditched her when she had a baby. "I thought the people in that showbiz circle were my friends," she says. "But almost the second I got pregnant and wasn't able to go out and party, they were suddenly quite nasty." But while this is an extreme example, a baby can undermine the dynamic of any friendship – especially one built on socialising, partying and no-strings fun.

Sarah* and her best friend, Clare*, both 33, used to hit the town together and dish the dirt over cocktails, but since Clare had a baby boy six months ago, Sarah's finding it hard to connect with her best friend. "It seems like the only time Clare goes out now is to attend her baby groups," says Sarah. "She's made a whole new set of 'mom' friends, and all they talk about is babies. Now, I feel shallow and silly talking to Clare about the things that we used to laugh about together, like dating and partying."

Joy Carol, author of *The Fabric* of *Friendship: Celebrating The Joys, Mending The Tears In Women's Relationships,* says that, while it can be very difficult at times, you can still find common ground.

While you may feel stupid talking to her about your nights out and the dates you'd had when she is elbow deep in nappies, remember that your friend is most probably craving that sense of normality. Avoid the temptation to talk solely about babies, warns Joy. "That's not helpful. You have to find a balance.

"It's about reaching out into her new life, as she is probably equally as frustrated. Remember she is still the same person, but there has just been a lot of change in her life. She still wants to hear about you and your life, just as she wants to tell you about her new life. You've still got to listen to what is going on with her and tell her what is going on with you, so that you still connect."

EXCLUSIVE INTERVIEW WITH... ADDRIAN What does a supermodel do

What does a supermodel do when she wants to chat about a new collaboration? She invites a Grazia girl to party with her in Rio de Janeiro, of course! Grazia's junior fashion editor, Nonkuthalo Thithi, spoke to Adriana Lima about her latest project with Vogue Eyewear

You're the new face of Vogue Eyewear. That's a pretty big deal!

I was honoured when I got the call to be the face of Vogue Eyewear. It's wonderful they're launching in Brazil, as it captures a little bit of the Brazilian essence. And that's what I believe Vogue Eyewear is about — capturing the essence of women no matter where they are from. It's for modern, independent, self-confident and playful women.

And that's you!

I believe that's every woman. I believe that women have changed and we are not afraid to be ourselves. We are independent and willing to take risks in every single way.

What did it mean to you to shoot the campaign in Brazil, your home country?

I was thrilled. The first shoot was in a little seaside vacation town in Rio, and the second shoot is in the city. The second shoot represents the modern working woman who travels around the city to work, have fun and see her friends.

How can sunglasses save you on a bad day?

There are definitely days when women need a pick-me-up – you're stressed from working hard and balancing

your home and work life. Gorgeous accessories can make you feel great and boost your self-confidence.

When do you feel most in control and beautiful?

When I am with my children and at home in Brazil. The energy I feel here is very powerful. Coming back to my roots and feeling grounded is very important to me.

When do you think a woman looks her best?

I believe a woman looks her best when she wakes up in the morning with swollen eyes and a puffy face, as that's the time when you feel the most serene. I think it's really cute and very feminine – it's almost like a baby waking up. It's so natural.

You're a high-flying supermodel. How do you manage to look flawless on little to no sleep?

It's all thanks to my sunglasses.

I just plonk them on, and people say, "You look so flawless," and I'm like, "Thank you."

So, every woman needs a pair of sunglasses?

Definitely!

What's the toughest lesson you've learnt in your career?

I don't think I went through tough lessons but rather different experiences, as I've learnt about various cultures. My job takes me to so many different countries, so you learn to accept people in general. And because of travelling so much, you also learn to appreciate time, especially time with your loved ones — it's very precious. This moment in time that you and I are living right now is never going to come back, so you've got to appreciate every single second of it.

What inspires you to get up every morning?

Many things inspire me to wake up in the morning, especially my children and job, which, luckily, I love doing. My job is a huge source of stability, so I try to set a good example, be the best I can be and represent women the best way I can.

Whom do you look up to?

I look up to my mother and grandmother because they are very strong and feminine, and even though they are independent, they've never lost their sense of femininity.

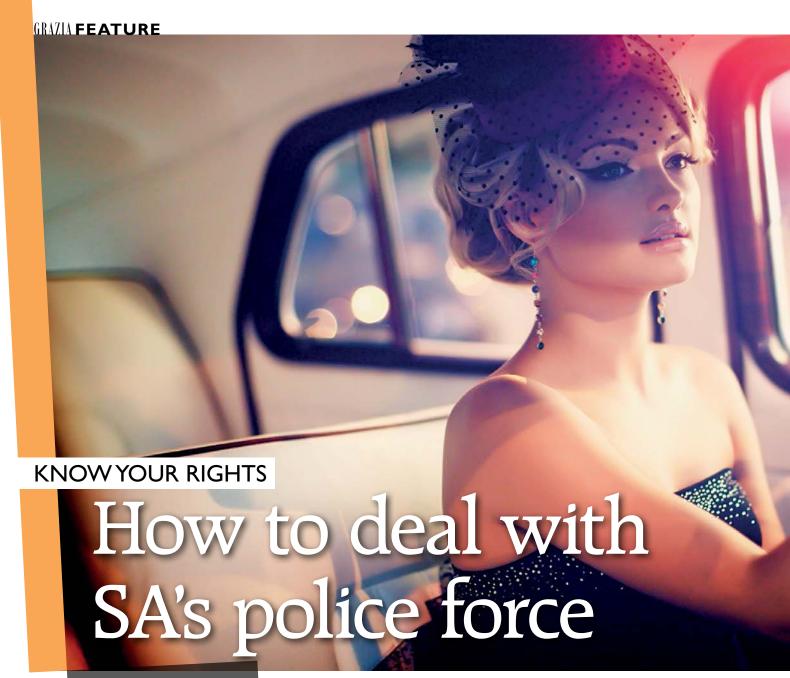
What would you tell a 15-year-old Adriana Lima?

Embrace yourself – you do have flaws, and that's okay. It's fine to make mistakes as you're human, but make sure you learn from them. And believe in yourself at all times because that's what it's all about. Even if somebody tries to put you down, you know who you are, and you know your value.

What's next for you? What can we look forward to?

With Vogue Eyewear, I hope that I get to shoot a campaign in my hometown of Bahia, Salvador. It's a dream of mine to do a photo shoot there; I haven't done that yet in my career. I would also really like to have the opportunity to act. I would love to work with director and writer Quentin Tarantino because I am a huge fan of his... almost like a groupie, a stalker. I love him and his work. I also enjoy my work and hope that as a model, if nature allows me, I could be the oldest, if that's how you say, working runway model in the world. Hopefully I'll be able to work as a model well into my 50s.





It's normal to feel unnerved (especially if you've done nothing wrong) when a police officer waves you over at a road block. With so many reports of police intimidation and corruption littering our news and social media feeds, we figured we'd ask the experts exactly what our rights are - and what to do if a police officer behaves inappropriately

KNOW THE RULES

According to Ekurhuleni Metro Police spokesperson chief superintendent Wilfred Kgasago, it's perfectly legal for a uniformed police officer to stop any vehicle at any time. "It could be for a routine traffic stop or because of a reasonable suspicion that the vehicle's occupants have committed a crime. The Metro Police officers are covered in this regard by the Criminal Procedure Act [CPA]," he says.

That said, during routine stops, police officers should be in uniform, with their names and badge numbers on prominent display.

You'll know you're talking to the real deal, Wilfred explains, "If the

vehicle is branded with blue lights, the officer is in uniform and the traffic stop is done in a safe manner and not at a secluded location. Vehicles that are not branded are not allowed to do routine traffic stops."

Once a police officer has stopped you, they have the right to ask you your name and address and check your vehicle licence number. They may also search your vehicle but must tell you why or what they're looking for.

"A female can only be searched by a female officer, and a male can only be searched by a male. A male officer can ask a female officer to assist with searching a female; this is provided for in the CPA," Wilfred adds.



have made a mistake.

Never offer a bribe. It's always

best to accept the fine if you're

in the wrong, and contest it later,

instead of thinking you're getting

matter how small). If you haven't

done anything wrong, accept the

fine and press charges later.

a better deal by paying a bribe (no

If no female officers are present, you're within your rights to ask the officer to call one from a nearby station to conduct the search. Alternatively, you are well within your rights to ask to drive yourself, without a police officer present in your car, to the nearest police station and have the search conducted there.

If you're asked to exit your vehicle but feel unsafe doing so, inform the officer that you would prefer to drive to the closest police station to deal with their enquiries there. They must honour this request.

ASSERT YOURSELF, POLITELY

"Regrettably, your legal rights are not always a guarantee of what will happen in practice. We receive many reports of police officers who disregard the rights of people they arrest," Corruption Watch communications officer Patience Mkhosana tells *Grazia*. She adds, "It can be difficult to find a balance between asserting your legal rights and keeping yourself out of danger, especially when you feel vulnerable and are in unfamiliar surroundings. Your first priority is to protect yourself and your loved ones."

According to Patience, since Corruption Watch was founded in 2012, the organisation has had to deal with shocking allegations of police misconduct, including officers verbally and sexually abusing women driving on their own. She says, "Some officers abuse their power and threaten violence if citizens do not comply with their demands. A common misconception is that we as citizens are not able to do anything about it and so have accepted a police force that is corrupt, abusive and ineffective. Various mechanisms, which have proved to be effective, exist to voice concerns, report activities and hold police officers to account."

REPORT BAD BEHAVIOUR

If you are sure you haven't broken the law – you weren't caught

speeding, driving with blood alcohol over the legal limit (0.05) or there's no warrant for your arrest – but you feel like you're being intimidated or that the police officer is threatening, Patience explains what you should do: "Call 10111, and inform the officer that you are doing so. All 10111 calls are recorded, and the officer will then know that a record is being kept of your interaction." Wilfred agrees, saying, "Professional officers who are executing their duties according to the book will not mind being recorded or filmed. Only officers who are up to no good would resist that."

STOP CORRUPTION

There's one reason police officers continue to ask for bribes: because South Africans continue to pay them.

A Corruption Watch investigation into corruption in the Johannesburg Metro Police Department found that many motorists who break the law are willing to pay bribes because it is cheaper and more convenient than paying a fine. But at what real cost?

It's simple: a mindset that you can get away with – say, drunk driving by paying a bribe – leads to more intoxicated drivers on roads, which could lead to a higher death toll.

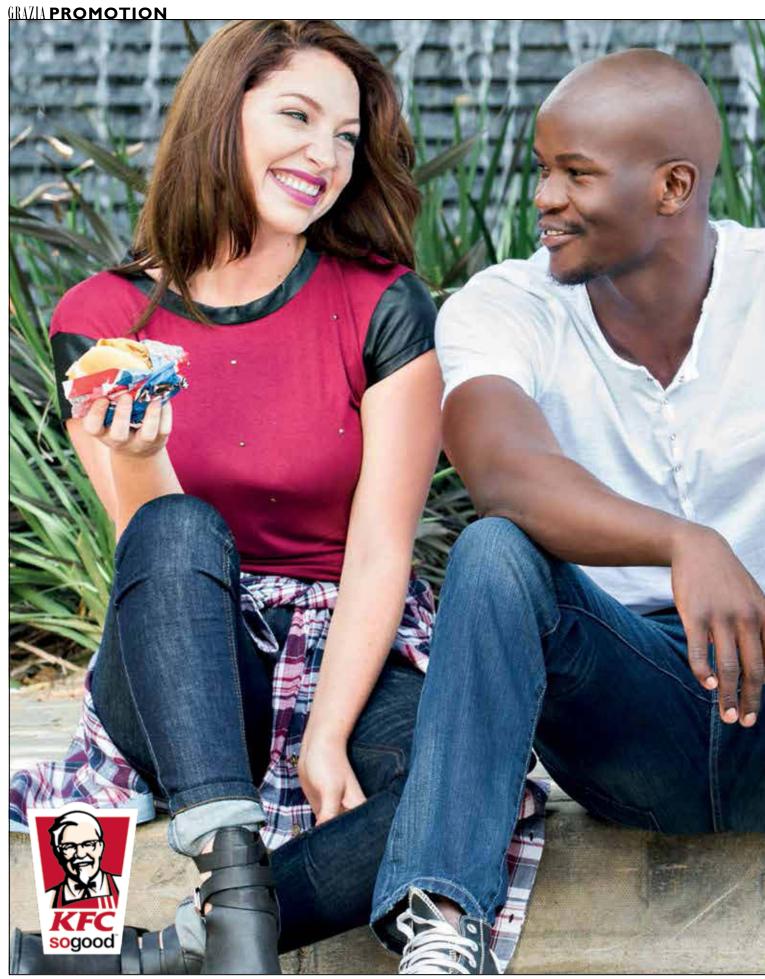
"You should refuse to be complicit in corruption and should report it when it happens," says Patience. "If you encounter a corrupt traffic or police officer, make a note of the officer's name and vehicle registration number, and then open a criminal case immediately. Reporting an incident of corruption may help to prevent someone else from becoming a victim."

Save these numbers

Crime Stop: **08600 10111**

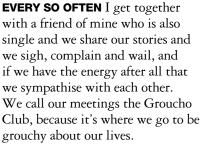
National anti-corruption hotline: 0800 701 701

JMPD anti-corruption line: 0800 203 712





This week, Barry Bradshaw ponders how certain parts of your life (and body) should be kept private



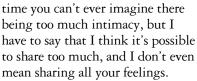
Recently at a Groucho Club meeting, she was fretting about her recent run of terrible romance. "I'm tired of being alone," she said. "I just want to be with someone I can share everything with."

"Well," I said, "Not everything."
"Yes," she said. "Everything."

"No, I get what you're saying. You want someone you can talk to and share your secrets and your dreams and all that stuff. That's all good, but obviously there are some things in your life that you don't share."

"No," she said, "I want to share everything."

I pondered that for a while. I definitely don't agree with her. I see where the urge comes from – when you've been feeling alone for a long



No, I'm talking about those small, everyday, practical moments when boundaries should be respected. I once had a girlfriend who would think nothing of leaning over and taking a forkful of food from my plate. "What are you doing?" I'd demand.

"You can have some of mine," she'd say, but if I wanted what she was having, I'd have ordered it. It's especially bad when you're nearing the end of your meal. Anyone can spare a forkful up front, but down at the business end, you are snatching food straight from the mouth of my inner child.

Even worse are those individuals who think that because you've shared your bodies with each other, there's an end to all physical privacy. I'm quite careful about the ways in which I reveal my naked self. I don't mind walking naked across a room, because I can square my shoulders

and suck in my belly, but I wouldn't slop around naked and bend over to pick up coins off the floor, or slouch around all splayed and flabby on your leather sofa.

But of all things that should be kept private, what goes on inside the bathroom is top of the list. Call me a prude, but I don't see why we need to keep talking while you're using the toilet, even if we were in the middle of an interesting conversation. And if we do need to keep talking, just speak up and I'll be able to hear you perfectly well through the closed door.

Once, I was lying in the bath, thinking my thoughts, when my girlfriend knocked on the door.

"I'm in the bath," I said.

For some reason, she took this as permission to open the door, walk in and use the toilet.

"There aren't any secrets between us, are there?" she said, as I spluttered my shock and outrage.

Secrets? No. Privacy? Boundaries of human decency? Yes, please. ■
NEXT WEEK: Is it amusing when couples find different things funny?

YOU THE FASHION JURY

OUR PANEL



RYAN KEYS Keys Fashion founder and designer



KIRSTY STOLTZ Grazia fashion director



KRIYA GANGIAH Jacaranda DJ and host at Zalebs

GIVE US YOUR CHIC CRITIQUE EVERY WEDNESDAY ON THE GRAZIA SA PAGE ON FACEBOOK

Which celebs look all right in all white? Our style team weighs in







CARA SANTANA



RYAN

I adore everything about this slouch-chic look. The shoes bring in a touch of colour, and she looks comfortable, fashion-forward and effortless.



KIRSTY

I'm really feeling this outfit on the actress. The jersey and trousers are perfect, but I'm not keen on the shoes. I would have preferred a metallic brogue.

YOU

The cut, the colour... simply stunning.

CARROLL EYDEN
GARLICK



VERONICA DUNNE



KRIYA

She may be a Disney sweetheart on screen, but the long cut-out skirt and crop top make her look like a real woman. She really nailed this outfit.



RYAN

I love the skirt, but the whole outfit makes her look older than she is. Her shoes are really cute though.

★★★☆☆

YOU

She looks young, fresh and on trend!

NAIDENE COOPER

★★★★



ESTELLE



KRIYA

The singer has totally missed the mark. Square shoulder pads, black pants and brown shoes? Oh, hell no!

KIRSTY

This dress is a little too booby for my taste, and the leather pants underneath it are just all wrong.

★☆☆☆☆

YOU

The dress is fab, but I'm not sure if the pants add anything to the outfit.

JULIE BRAND ★★★☆





Re-energise your skin's appearance cell by cell.*

As skin surface cells lose their energy, skin can look tired and dull.

Now Olay Regenerist 3 point cream, with new Skin Energising Technology penetrates 10 layers of the skin's surface, quickly renewing it cell by cell.

Day after day, skin is visibly re-energised, vibrant and younger looking.**



- [‡] By exfoliating skin surface cells.
- * Based on mass market facial moisturiser and cleanser value sales for past 12 months ending April 2014.
- $^{\scriptscriptstyle \dagger}$ Supersavvyme.co.uk review from May 2014.
- ** Reduced appearance of fine lines and wrinkles



YOUR BEST BEAUTIFUL™



cessorize, **R699**

HOW TO WEAR

THIS YEAR'S WINTER

TRENDS

Make a statement with the standout pieces of the colder seasons. You'll love them so much that you may even be disappointed when the weather warms up again...



It's a faux fur season, and the number one piece is the stole. Try it in a fun colour or print, and wear it any time of the day.





I Karen Millen, RIO 000 2 Aldo, RI 499 3 Zara, R759









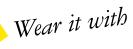
2

SUEDE

The touchable texture for winter is suede. It's perfect for jackets and warm wrap-ups.







I Etre Cecile at Polyvore.com, RI 565 2 Mr Price, RIIO 3 Foschini, R99





Or try one of these

I Lacoste* at Moscon Optics, R2 259 2 Ted Baker at Stuttafords, RI 700 3 Charles & Keith, RI 179







3

Blue

Blue, and all its shades, is one of the biggest colours this winter. Try a bright shoe to add some colour to your outfit, or go for head-to-toe azure.

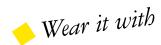


'Glasses model number: L2718_Profile-424.

GRAZIA SHOPPING







I Just Cruizin at Graziadaily.co.za, R340 2 Forever New, R799 3 Asos.com, R725







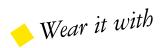
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2



Wrap skirt

Once we saw wrap skirts on the Carolina Herrera and J Mendel catwalks, we were hooked. Go all out with a fun colour-blocked option – and work the rest of your outfit around it.



I Scotch & Soda, R899 2 Edit at Graziadaily.co.za, R180 3 Mango, R349 4 Karen Millen, R5 000 5 Zara, R999















acai at Net-a-Porter.com,

R12 650





It might seem a little "out there", but this trend can be so much fun. Try it over a plain tee or shirt to get started.

LAYERING







Wear it with

I Edit at Graziadaily.co.za, R340 2 Zara, R559 3 Thomas Sabo, R3 960





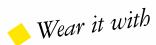




Hats

Update your favourite outfits with one of this season's on trend hats – they're a great way to keep warm and look stylish.





I Bronx at Graziadaily.co.za, **R599 2** Forever New, **R599** 3 CK at Swatch, R4 800



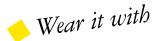






Stick to one staple 70s piece, like a patterned dress, that you can simplify with neutral accessories. Let the item shine instead of wearing the trend head to toe.





I Raphaella Booz for Lilikoi, R3 6992 Accessorize, R799 3 Catarzi at Asos.com, R635

O Mid-calf boots

The talk is all about the mid-calf boot. It's a fun trend to wear with everything, from dresses and skirts to trousers and culottes. Opt for a colour you know will work well for you.







I Topshop, R699 2 Forever New, R499 3 Witchery at Woolworths, RI 799



10

Longerlength coat

Channel the street style stars with their floor-sweeping coats. Keep it simple, and wear it over a sleek pair of jeans.

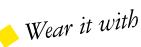


2



3





I MSGM at Polyvore.com, RI 445 2 Calvin Klein, RI 899 3 Aldo, RI 599

OUTFIT-SAVING

You've probably heard it a million times before, but it's true that an accessory can really transform an outfit. We show you how accessories can spice up two ordinary outfits

FAUX FUR PILLBOX HAT Take a step back to the 60s

METALLIC ANORAK

Don't go unnoticed in a plain anorak. Take it up a notch with a metallic one. T by Alexander Wang at

Net-a-Porter.com, R6 500

with a glam faux fur pillbox hat. Accessorize, R499



Wardrobe staples

Mr Price, R60





DAZZLING EARRINGS

Elegant flower stud earrings will add a feminine touch to your outfit.

G Couture at

Graziadaily.co.za, R99



Forever New, R899

MOD WATCH

delicate microbelt strap, this watch will give your look a modern twist.

Calvin Klein, RI 800

STATEMENT RING

Loved the stackable ring trend from last year? Try it with big statement rings this time round.

Country Road at Woolworths, R399

ACCESSORIES

SHOP THIS ITEM ONLINE AT ONLINE AT ADD TO CART

PRINTED SCARF

Instantly give that outfit you've been wearing every Monday for weeks an update with a printed scarf. Choose a versatile print.

Next at Graziadaily.co.za, R370



BUSY NECKPIECE

It will be a saving grace for many events, so do yourself a favour and invest in a bold necklace you love.

Zara, R399



Capes are big for comfort this season, but go for a trendy look with a fringed suede one.



Wardrobe staple



Topshop, R559



THIN BELT

Earn extra style points by wearing a thin belt with gold details.

Mr Price, R30





BUM BAG

Leave all your junk at home, and opt for a bum bag that only takes the necessities.

Mimco at

Woolworths, RI 799



We get it, lines can sometimes get blurred when it comes to what's appropriate for the office. We've put together our must-know rules for work, so you'll never be caught out

LET YOUR TALENT DO THE TALKING IN BIG MEETINGS

You don't want anyone to be distracted by anything other than what you are saying. When presenting, go for simple, well-tailored outfits, so that people will be focused on you, not your wardrobe.



THE NEW

KEEP SHEER PIECES FOR THE WEEKEND

While sheer is a big trend for A/W15, it is not one to be tried at the office. Rather opt for sturdy fabrics and knits.



YOUR OFFICE IS NOT A NIGHTCLUB

Don't pitch up to work like you're ready to go dancing. Rather dress for the day and add accessories, such as different shoes and jewellery, for the evening.



KEEP THE SEX KITTEN AT HOME

If you look in the mirror and think "hot damn", it's probably too sexy for work. Small straps and extremely tight clothing are inappropriate for the work place and should be replaced with sleeves and better fitting garments.



DRESS FOR YOUR INDUSTRY

When you get into the working world, what you wear should not be based on your age, but the work you do. You can't dress like you're still at varsity just because you're young. Rather go for the clothes and dress code your company is comfortable with.



IT'S A LONG DAY... DRESS FOR COMFORT

If you work long hours or do quite physically intense work, you need to dress accordingly. Wear pants if you will be carrying things up and down stairs and layer up if you might be in the office all day, so that you don't get cold or hot.



ALLOW ENOUGH TIME TO GET YOUR LOOK RIGHT

We know it can be a rush to get to work in the morning but arriving with wet hair because you had no time to dry it is a big no-no. Rather use dry shampoo and give yourself an up-do. The same goes with creased clothing and unfinished outfits. It just takes a little more time to ensure you look put together.

WHAT TO WEAR TO AN INTERVIEW FOR

Different professions

In most cases, try to think what your potential boss would wear to work or a meeting, and wear that. You don't want to wear something that will take away from your answers and personality in an interview, so wear something simple and presentable.

CORPORATE

A skirt or pants suit with heels. Stick to neutral colours, and always wear a blazer.

CREATIVE

A pair of dark trousers, plain top and printed or bright jacket.

MEDIA AND EDUCATION

Pair a dark bottom (trousers or skirt) with a colourful top (hide your shoulders though).

OTHER

Keep it simple, and stick to darker colours. Always go for smart if you are unsure.

WORKWEAR RULES

KEEP YOUR PRIVATES TO YOURSELF

Graziadaily.co.za, R999

Having everyone see up your skirt when you bend over at the printer is not on. Stick to lengths close to the knees (or ankles) and avoid high slits.



Topshop, R829

WEAR REASONABLE, COMFORTABLE SHOES

If you aren't comfortable walking in heels, don't wear them (check out our how-to guide on pg 75). Zero points are given for hobbling and wobbling.





RATHER STICK TO UNDERSTATED MAKE-UP

Work is not a cabaret show, so opt for a more natural look. If your office allows, go for a bold lip or some statement eyeshadow (but never both).



Ray-Ban* at Luxottica, R1 650





WHETHER GLAMOROUS,

classic or blinging, arm candy is the best way to add some oomph to your personal style. From bracelets and bangles to watches and charms, there's so much to choose from, so don't be shy!

Tissot, R4 000

American Swiss,

> Calvin Klein,

> R4 300

RI 199



Words: Alannah Jones. Compiled by: Alannah Jones; Caylee Pharaoh. Pictures: Christian Vierig/ASP; Supplied.





KERRIE SIMON- LAWRENCE, <u>EDITOR</u>: If I'm in super high heels for long periods, I use medical tape to bind together my third and

fourth toes (counting from the big toe). It prevents any pain in the ball of the foot. Apparently, there's a nerve between those two toes, and keeping the toes closely together stops that nerve from sending a message of pain to your brain. I would only use this technique with closed shoes though!



MATHILDA VAN GRAAN,

PUBLISHING MANAGER:

I find that if I wear my leather heels too often, they stretch out and my feet end up sliding

around in the shoes. Rotate your shoes, so you're not living in the same pair all the time.



KIRSTY STOLTZ, FASHION

<u>DIRECTOR</u>: If you want your feet to stay put in a pair of heels, go for gel pads. They are inexpensive, won't make your

feet sweat too much and will keep your feet in place.



NONKUTHALO THITHI,

JUNIOR FASHION EDITOR: If you don't feel too comfortable in heels, start off with a pair that will give your feet some

added support. Ankle straps, midi and block heels and boots are all great for this. Try to walk in those for a while before attempting to master stilettos.



SASKIA BRUINDERS,

<u>DIGITAL EDITOR</u>: Platform heels or wedges are your best options if you're going to be outdoors or on uneven

ground. Your heels won't sink into soft grass and they're way more comfy.



WILMARIE VAN DER MERWE, MARKETING AND DIGITAL ASSISTANT:

The trick to walking in heels is to step with your

whole foot as opposed to heel then toe (as you would with flats). If you focus on getting the ball of your foot on the floor first, the rest of your foot will automatically follow.



MICHELLE CORY,

SENIOR DESIGNER: Take a walk around the store – a few times. While you won't know the true

extent of how shoes will feel until you've had them on for a whole day, a few laps around the store will definitely tell you where the shoe is going to rub, how stable you are with the height and whether the cut is going to give you blisters.

VICTORIA BECKHAM, FASHION DESIGNER:

Wear thick socks or slipper socks with your heels half an hour before going out. It'll stretch the areas that need stretching, and make it more comfortable for the rest of the day or evening.



ANTM: Whenever and wherever you can, take a seat! Also, cross your legs, so that all can see your beautiful, fashion-forward footwear. Think of yourself as a model on a photo shoot and stretch from the waist. Don't be afraid to give your tootsies a rest every now and then – you'll last longer with breaks.



CAMILLA MORTON, AUTHOR OF HOW TO WALK IN HIGH HEELS AND A YEAR IN HIGH

HEELS: A hot first date is not the place to break in your new heels. The supermarket is. Use the grocery cart for balance while your feet get used to the new high heels.

THE EASY,
FAIL-SAFE
MUST-TRY
FOR THE
COOLER
SEASON

Chase chilly grey days away with bright colours and prints. When all else fails, go louder on the print front and mix and match and clash your prints for maximum effect





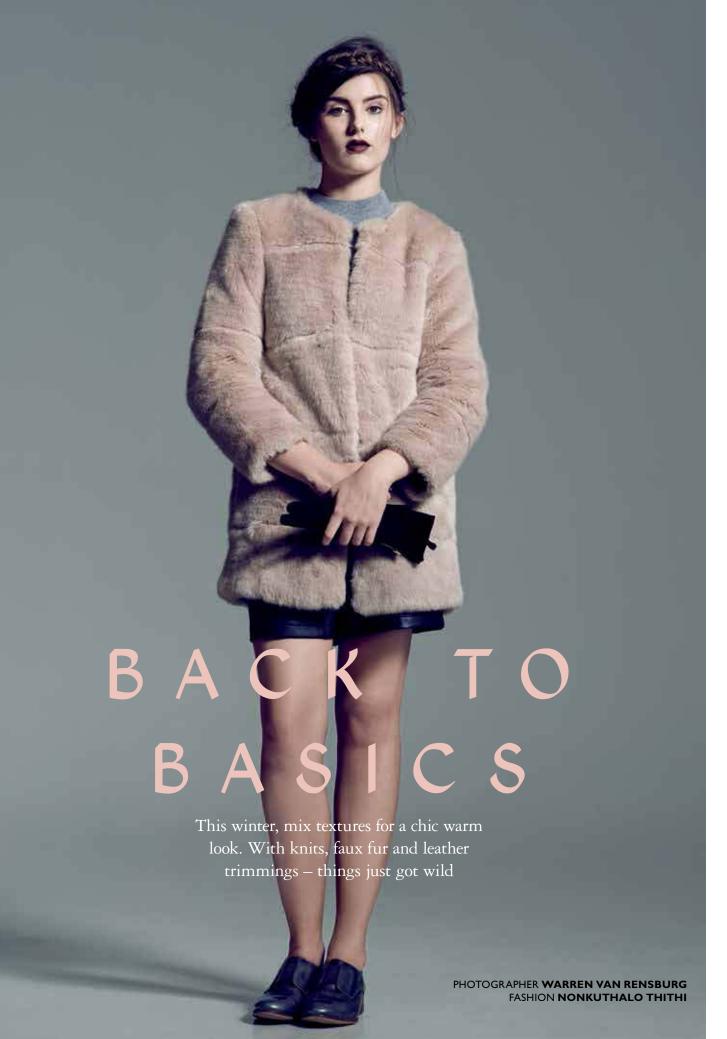
























THIS PAGE
Vest, R249, belt, R499, shoes,
RI 249, all Country Road at
Woolworths; knit, R2 499,
Yaya; skirt, RI 195, Vicolo at
Tik Lee; socks, R49, Falke

OPPOSITE PAGE Leather jacket, R999, crop top, R199, both Topshop; gilet, R899, Jo Borkett; skirt, R799, Mango





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SALON

SPECIALIST CARE

Daily Skin Polish Powder

Micro-exfoliates and instantly brightens skin with Salicylic Acid, and Rice Powder



DAILY SKIN POLISH POWDER

for the skin that demands the salon glow

Instantly brightens, exfoliates and restores your skin.

Dermatologically approved.

Bring Home that Sorbet Salon feeling with our Sorbet Skincare Collection.





R580 at Stuttafords.



you a radiant glow.



CONFIDENTIAL

From styling and conditioning to advice and hair inspo, here are our top tips on how to get great hair this season

PHOTOGRAPHER KASSANDRA DE ARAUJO STYLING AND WORDS ARAFFA MPUNGWE



Address your issues

Counteract the damage caused by colouring, styling and seasonal effects by incorporating masks and oils into your routine. The latest at-home treatments have been designed to ensure that you can switch your style while maintaining great condition.

Try L'Oréal Professionnel Mythic Oil, R340, and Tresemmé Keratin Smooth Deep Treatment Masque, R70.

GET INSTA-PIRATION

Your Instagram feed is where you'll find inspiration. We keep a close eye on @percyandreedlookbook, @neilmoodie, @sammcknight1, @guidopalau, @adamreedhair, @anthonyturnerhair, and @patmcgrathreal for the very best.







Words and styling: Araffa Mpungwe. Picture: Roxanne Lindenberg.

What's new, BEAUTIFUL?

Make room on your dressing table for a new batch of winter scents that range from floral and woody to nutty and zesty

ROOM WITH A BLOOM

A fresh floral scent with papaya flower and white water lily notes makes **Dolce** & Gabbana Dolce Floral Drops EDT, from R790, perfect for winter.

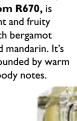


TURKISH ROSE DELIGHT

With fresh mandarin, litchi and black currant top notes, Balmain Extatic EDT, from R595, blends Turkish rose with airy jasmine for a touch of romance.

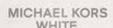


Roberto Cavalli Paradiso EDP, from R670, is light and fruity with bergamot and mandarin. It's grounded by warm woody notes.





SCENT EDIT



EVERYDAY EAU

If you agree that there's nothing better than the smell of freesia, ylangylang, white peony and tuberose, then try **Michael Kors White** EDP, from R720.



EASY BREEZY

Fans of floral-aquatic compositions should try Bulgari Aqua Divina EDT, from R970.

Think warm sun-kissed Mediterranean days.



roberto cavall

paradiso

Thierry Mugler's majestic Angel New Star EDP, RI 195, make this perfume thoroughly voluptuous.





TRUE REVIVAL

May the flowery freesia and fruity apple and raspberry in John Richmond 'X' Woman EDT, from R430, inspire a new you.









NEW LIP ICE TINTED GLOSS

Four funky variants with just a hint of colour to make sure your lips are not only soft, but beautiful too.







IN THE

SAY HELLO TO DAYTIME DECADENCE. Rich purples, metallic blacks and glossy bronze eyeshadows are set to elevate pared back complexions to new heights of glamour. And, according to make-up artist Wendy Rowe, you should swop black mascara for brown as this is what gives after-dark colours a daytime edge.

I Rimmel Scandaleyes Shadow Stick in Paranoid Purple, R90 2 Givenchy Phenomen'Eyes

Mascara in Deep Brown, from R365

3 Topshop Mono Eyeshadow in Explorer, R139

4 Clarins Ombre Matte in Sparkle Grey, R270



Words: Araffa Mpungwe. Pictures: Mondadoriphoto.com; Supplied; Marco Vittur; Goffard.

A STELLA BIRTHDAY

Stella McCartney helped pioneer workout wear that make women look – and feel – fab. So it would be most rude not to celebrate the 10th birthday of her collaboration with Adidas. Stella's impossibly cool anniversary collection has just landed at Net-a-porter.com. Our picks? This ever-so-handy media player armband, R770, and jacquard-print pullover, R4 300.





If you have trouble falling asleep, struggle to wake up and feel foggy during the day, you might be suffering from social jet lag. Scientists behind a new German study blame long working hours, shift work and busy social lives for this phenomenon. We spoke to sleep expert Dr Guy Meadows from Thesleepschool.org about how to feel more rested more of the time - that is, until your boss is on board with later starting hours. "We are all overstimulated," says Guy. "Stimulating food and drink, stressful work environments and the constant use of phones and tablets means that our internal clocks are out of sync. To reset yours, go to bed and wake up at the same time seven days in a row. Avoid blue light - from phones and tablets - before bedtime. Develop a bedtime routine with 'sleep cues' such as a bath and book before



We bring you this week's hottest health news





AN EXCUSE TO EAT A BURGER

We all know that straight liquors (served neat or on ice) are the healthiest – and the clearer the alcohol, the fewer calories it has. So when we heard Cape Town was getting a new burger joint, Inside & You're Out, with a whiskey braaibecue burger on the menu we thought it only polite to try! lyoburgers.co.za



Cold-brewed
coffee, when coffee beans
are cold-pressed, preserves
antioxidants and minerals.
Go to Bean There in JHB,
Truth in CT and Colombo
Coffee and Factory Cafe
in DBN

bed." Um, yes, please.





SHOP TILL YOU DROP AT KAMERS VOL JOBURG
Fashion and decor fans will be delighted this autumn by the handmade goods offered by 250

exhibitors. Make your way to St John's College in Houghton early. And bring lots of cash. *April 23 to 27, Kamersvol.com*

SALION SALION CONVERSE ATI

you'll find if you lose yourself in his lyrics. We suggest you pick up a copy of his debut, Chaos And The Calm (Universal). Available now via iTunes.com

SALON 58'S FIRST SOIRÉE

The brainchild of SA style icon Jackie

Burger, Salon 58 will be kicking off their

first series of themed soirées with Allure:

The Art Of Being A Woman. Jackie will

be on hand to facilitate the conversation

about fashion, beauty and decor between

Stellenbosch. April 18, Webtickets.co.za

guests in her new bespoke gallery in

BOOK TICKETS FOR JOBURG BALLET'S SWAN LAKE

With Cuban prima ballerina Viengsay Valdés and US ballet star Brooklyn Mack all set to headline and dance with the rest of the company in the Joburg Ballet's production of the Tchaikovsky classic, you can bet jaws will be on the floor once the curtain goes up. Prepare to be moved. *April 17 to May 3, Joburgballet.com*





DON'T MISS

THE RETURN OF LAST WEEK **TONIGHT S2**

If, like us, you've been counting down the days to John Oliver's return to the small screen, shedding light on global injustices while making us LOL, fear not. The rest of season two is on its merry way. Returns April 19, 9.35pm, M-Net

PENNY SIOPIS AT WAM

The Wits Art Museum is hosting a Penny Siopis retrospective, Time And Again, spanning three decades of the artist's work and incorporating painting, video and installations drawing on themes of history, sexuality, race, memory, estrangement and violence. April 20 to July 20, Facebook.com/WitsArtMuseum



OBSESS OVER

THE GREAT BRITISH BAKE-OFF S5

There'll probably be a couple of soggy bottoms, spilled batter and tears, but we wouldn't have it any other way when it comes to finding out who Britain's next star amateur baker is! The best part? The witty banter hosts Mel and Sue exchange. Oh, and judge Mary Berry, of course. Starts April 21, 8pm, BBC Lifestyle



WATCH **RUN ALL NIGHT**

What could be better than watching Liam Neeson kick butt and take names? Before you say you've seen that movie, know that, in this version, Liam is joined by fellow badasses Common, Boyd Holbrook and Joel Kinnaman. And justice is served. Opens April 17



GET YOUR WALK ON AT

PICK N PAY WOMEN'S WALK

Attention Kimberley, it's your turn to warm up, stretch out and get your walk on in the name of a good cause. Meet up at St Patrick's Christian Brothers College. All funds gathered during this year's walks go towards PinkDrive, which supports early detection and awareness of breast cancer. April 18, Webtickets.co.za



legend. But Scott Eastwood (son of Clint) has this acting thing in the bag. Case in point: his latest role, as a rodeo star who falls for an art student in *The Longest Ride*. Here Scott talks soul mates, acting DNA and, um, riding bulls

What attracted you to the role of Luke?

I dug that he is a bull rider. I have always thought the sport was pretty badass. Luke is a no-bullshit kind of guy, a man of few words. He's hard-working, loyal, honest. That is the way my father raised me. Love is a big theme in The Longest Ride... I think the biggest theme is sacrifice. Human beings tend to be selfish. But that doesn't work in relationships. When you find someone special, you don't want to

screw it up, and the only way not to do that is to sacrifice for the person you love and try not to be selfish. We all have to make choices: how do you split the deck with somebody? Love can be romanticised in films, but this film doesn't become a fairy

tale. That resonated with me.

Can you tell us about the relationship between Luke and Sophia?

They are total opposites, but opposites attract, and they fall madly in love. I think that is realistic. You always fall in love when you're not expecting to. Sophia has dreams of being an art curator in a New York gallery. Luke has different dreams. So how do you make that work when you're going two different ways? Where's the compromise? That's what the film looks at.

Do you believe in soul mates?

One hundred percent! What a sad world it would be not to believe in soul mates.

Bull riding is dangerous and scary. Was that a concern at all?

That is exactly what appealed to me! I guess you could call me an adrenaline junkie. I love it and I think it's awesome. It all comes down to eight seconds on the bull; there's no fluff. It comes down to the rider and the bull. I got on the bulls in the chute plenty of times, in a lot of the shots actually, and I also did in training. People don't realise that it's really dangerous just getting on the bulls because they rear up. I grew up around livestock, and I know the bulls can really sense fear. It's primal. If they know that you're the alpha male, you're the man and you can take over, then they calm themselves. But if you're scared and nervous, that's when they go crazy and they'll swallow you up. You have to be very confident, but not with a fake confidence; you have to know you can handle it.

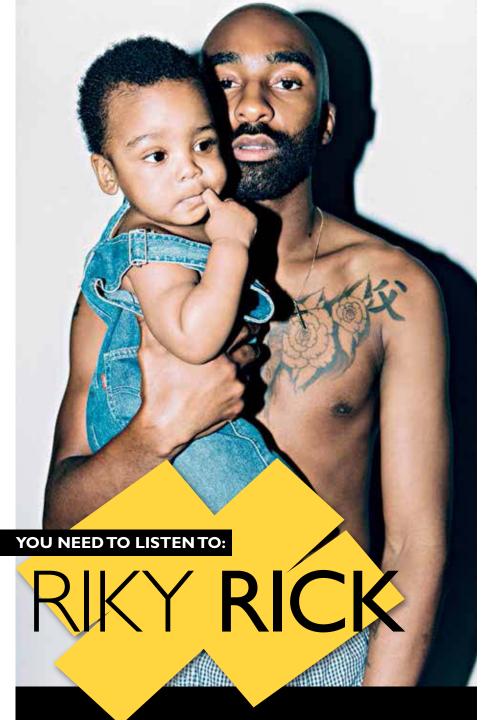
Do you think acting is in your DNA?

Oh, I don't know. I always say this: I will never be the best actor out there, I just hope that I'm the hardest-working one, the one who shows up and doesn't complain. I think that's the reason I'll stay working in this business. Acting is great and I find it fulfilling, and I hope people like working with me. But my identity isn't wrapped up in it. More than anything, I am interested in making good films, whether I am a producer, a director or an actor.

Did you ask your dad for any advice?

Oh yeah. My dad's advice is: "Follow your gut." He says the only person you can listen to is yourself. Don't over think things, just keep your head down and work. Try to do the best job you can every time, show up and be humble. That's what it comes down to. From day one he said he really didn't care if I were an actor or a plumber, as long as whatever I did, I was the best I could be. ■

The Longest Ride opens on April 17



Five years ago, Riky Rick was at the top of SA's hip hop game with hits like *Barbershop* and collaborations with Da L.E.S. Riky took time out in 2010, only to return stronger than ever in 2013 with a new crew (Boyzn Bucks) and new focus. With the release of his debut solo album, *Family Values*, this year, it's safe to say Riky isn't going anywhere anytime soon. Here he tells *Grazia* all about some other 'firsts' in his life – and why family is everything

What is your earliest music memory? In KwaMashu, I remember my mom playing Salt-N-Pepa's Let's Talk about

Sex. I was about three. When did you realise you wanted to be a musician?

I started writing my own raps in high school but tried recording when I was studying at AFDA. I always knew I could rap and hold a note, but in varsity I started selling my own mix tapes for R25. I think that's when it became real.

What went through your mind when you first held a copy of Family Values? I have never been so nervous and

anxious about anything. The odds of me getting to this point were amazingly thin, so it's kinda surreal.

Why were the odds so thin?

Thousands of people dream of being a musician. Most of them never pursue it. And some who do will never get a big break, so they settle for something they never wanted. Somehow I never stopped pursuing the dream, even when I was losing energy.

Talk us through the inspiration for the album and cover art.

Being a father motivated me to work harder to get here, so it's only right I had my son, Maik, on the cover with me. I wanted to show that you can be a rapper and be proud of having a family and responsibilities. The album is about growing up.

How has fatherhood changed you?

I've learnt that I'm not in control. No matter how strong we think we are, there are some things that are beyond us. It's so deep.

Being away on tour must be tough - how are you planning on balancing fatherhood with your career?

It's hard to balance, but I'm lucky to have a great partner who holds the family down when I'm gone. I need this good run, and then we'll maintain the balance between family and business a lot easier.

The first album you ever owned...

An album by a German group called Dynamite Deluxe.

How have your fans responded to your new album so far?

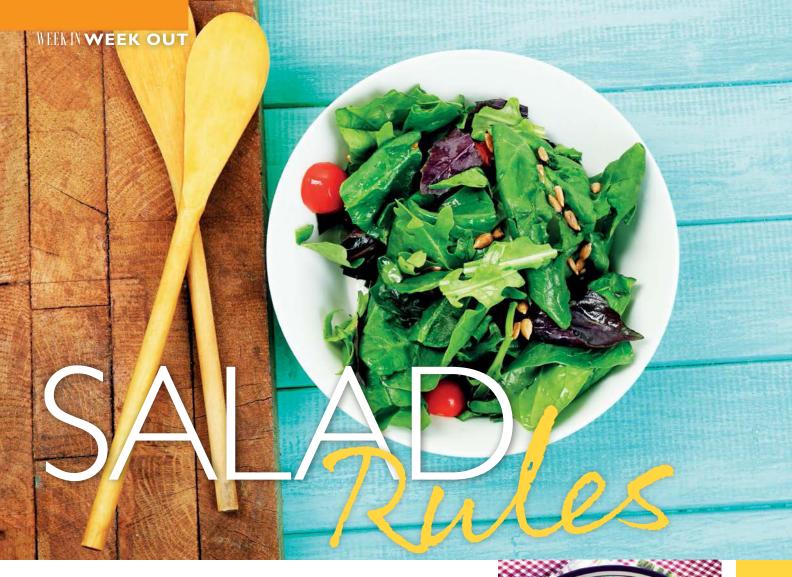
My fans are the best in the world. They've allowed me to make different music, and they have accepted my journey.

What do you think about SA's hip hop and music scenes right now?

It's hard with such a small industry to be different and still be successful, so I'm inspired by anyone who doesn't follow the trend or try and sell a popular image for acceptance.

Are there any other acts out there that inspire you?

People are doing well, but I don't look for inspiration in other acts. I'm inspired by my family mostly.
Family Values is available via iTunes.com



Lunchtime in the office is pretty much a sacred ritual. It's the one moment you have in the day to ignore emails and, well, eat food instead (score!). You know a trip to your local salad bar is what your waistline will thank you for, but can you be sure that the (sometimes pricey) little bowl of greens is packed with all the nutrition you need? Now you can. Here's our cheat sheet to making sure you maximise on goodness without compromising your budget. It's time to take control of your lunch

THE GREENS

LET'S FACE IT – it's not really a salad if it's not sitting atop a bed of leafy greens, and kale seems to be the cool kids' leaf of the moment. That's no surprise, as it's packed with vitamins A, C and K and a mass of antioxidants. But it's usually fairly pricey, and raw kale can take some getting used to, so we're declaring spinach a close second. You'll find plenty of Popeye's favourite leafy green in The Artisan's cranberry and quinoa salad (R65). Order it for a dose of baby spinach, cinnamon, butternut, avo and feta, dressed with olive oil and lemon. *Theartisan. joburg*, 011 027 3707

As for mixed leaves? We're saying (a surprising), "meh". Our initial thinking was, "Why have one green, when you can have four?" but mixed greens tend to include leaves like romaine and rocket, which aren't nutrient dense. And what's the point of a low-nutrient salad?











THE PROTEIN

A serving of protein in your salad gives you an all-day energy boost. Salmon got its title as a superfood thanks to its vitamins B6, B12 and D, omega 3 fatty acids (your hair will thank you), protein and selenium. It's normally sold for a pretty price, so be cautious when ordering it.

Tuna is also a good choice. It's a really healthy, nutrient-rich source of protein, but we'd recommend you don't order it more than twice a week (and half a cup at a time) because it can have high mercury levels.

Next up, almonds. While these nuts have high caloric and fat levels, remember that this is the heart-healthy monounsaturated kind of fat. Almonds are also a rich source of fibre, protein and vitamin E. Peanuts are a great second choice. Nuts add texture to your salad and help to send the signal to your body that you are full.

Cheeses are also a win as most are super tasty and full of protein.

At just R65, Barristers' spicy pear and almond salad follows so many of these rules without breaking the bank. It's got pear poached in a fragrant honey sauce with a hint of curry, celery, toasted almonds, crumbled blue cheese and crispy lettuce leaves. *Barristersgrill.co.za*, 021 671 7907

THETOPPINGS

THE LOSERS are red cabbage, aubergine, radishes, broccoli, potato, red onion, cauliflower, corn, celery and gem squash.

Okay, so none of them are particularly "bad", but we're just trying to help you get the most nutrition for your money. While cabbage boasts antioxidants, anti-inflammatory properties, anti-cancer powers, fibre and a whole range of vitamins, it loses economically. You can buy a cabbage the size of your head for just a few rand, making it better for home cooking.

THE WINNERS are sunflower seeds, olives, avocados, snap peas, dried cranberries, raisins, cherry tomatoes, carrots, bell peppers and cucumbers.

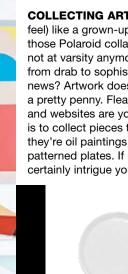
When it comes to toppings, seeds and olives reign supreme. Seeds like the mighty sunflower and flax are filled with fibre, protein, healthy fats, vitamins, minerals and antioxidants. Avos are an obvious winner – studies show that you absorb more nutrients from other veggies when you eat them with avocado. We all know that "gauc is extra", so if your salad bar is happy to throw in an avo on top, order it. Try Unity Bar's Greek Calamari Salad (R70) for calamari tentacles marinated in lemon and oregano and grilled, served on organic greens with avocado, marinated feta, cucumber, kalamata olives and red onions.

Unitybar.co.za, 031 201 3470

No wallflowers here

Use the walls of your home to show off your unique tastes and personality. The only rule is that you have to love whatever you put up

COLLECTING ART MAKES you look (and feel) like a grown-up. It's time to pull down those Polaroid collages, especially if you're not at varsity anymore, and take your space from drab to sophisticated chic! The best news? Artwork doesn't always have to cost a pretty penny. Flea markets, artist friends and websites are your new go-tos. The key is to collect pieces that draw you in, whether they're oil paintings, sketch prints or even patterned plates. If it caught your eye, it will certainly intrigue your house guests too.





R3 599, for the set of 12 skeleton plates, Superbalist.com



WEEK IN WEEK OUT

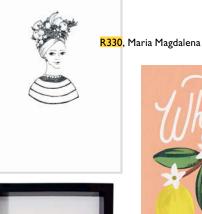


R500, In Good Company





R139, @home



R180 for both, Mr Price Home

R365, In Good Company





R995, Weylandts

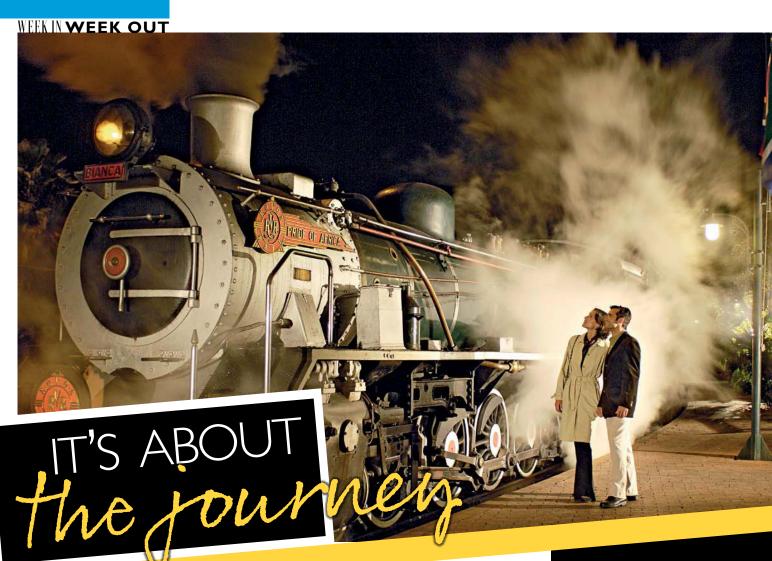






A FEW POINTERS:

- Ask yourself "Is this chic?" before every purchase. If you're on the fence about it, let it go.
- Do it yourself. If you're struggling to find the perfect piece, create your own feature wall with wall stickers and bold wallpaper, or enlist that graffiti artist next door.
- Interior design is fast becoming whimsical and eclectic, so have faith that all of your trinkets will pull together. It's your unique point of view that's going to tie the room together. Trust in this.
- White walls make for the perfect starting point. If you're planning a gallery wall, a white background will create a canvas that allows each piece to stand out.
- Bespoke rules. Always. Customising your artwork is as important as customising your furniture. Be wary of copying feature walls straight from inspiration boards. Rather pick pieces that fit into your space and reflect your personality.



When wanderlust strikes, we're able to appreciate the journey just as much as the destination — and that's where trains come in. While travelling by rail may take a little longer, it's a relaxing way to start your vacation. Sit back and unwind as the steam engine muscles its way through the beautiful countryside to your final destination. Locomotives like the Blue Train have us excited about the voyage again — and we'll certainly be jumping aboard when we can!

Rovos Rail

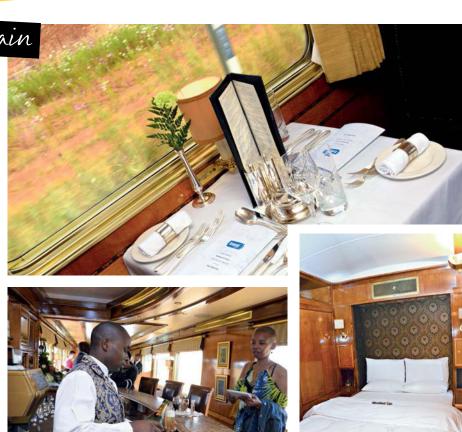
Rovos Rail is not short of luxury. In fact, we're being bold enough to say that this train takes it up a notch! Despite its prestige, the Rovos Rail train has a relaxed atmosphere that puts its passengers at ease. The train's owner, Rohan Vos, jokes that it is never on time, but the meals and drinks will definitely all be on time! It offers a variety of journeys from Pretoria to Cape Town, Durban, Victoria Falls, Namibia and even Dar es Salaam. Look out for their special packages combining different routes and even offering special rates at luxury hotels once you reach your destination. A three-night stay in the entry-level Pullman Suite on a trip from Pretoria to Victoria Falls will cost you R19 900 per person sharing. This rate includes service from your personal butler, all your gourmet meals and alcoholic beverages while you're on the train, as well as all of the off-train excursions and tours. Rovos.com





The Blue Train

The luxurious Blue Train traverses South Africa's breathtaking landscapes. Its Pretoria to Cape Town route is a 27-hour journey across 1 600 kilometres, through some of the most diverse scenery the African sub-continent has to offer. Stopovers in Kimberley and Matjiesfontein will delight the history buffs, while the meals on the train are made to excite the foodies. Throughout the voyage, breakfast, brunch, high tea and dinner are freshly prepared by the train's chefs to uphold its five-star reputation, and signature dishes make use of only the freshest ingredients. Passengers travelling in the De Luxe suites can relax in their private lounge during the day, before it's transformed into a subtly lit bedroom at night. En suite bathrooms are equipped with individually controlled air-conditioning, under-floor heating, marble and gold fittings and plush monogrammed towels to complete the lavish experience. Expect to pay R13 795 each per night for you and a partner sharing a De Luxe Suite during low season (January to August). This is a steal in comparison to its usual R20 690 per person sharing price tag! Bluetrain.co.za





The Shosholoza Meyl train travels to Johannesburg, Durban, Cape Town, Queenstown, East London and Port Elizabeth. While it doesn't offer quite the same level of luxury as some of the older trains, it's the perfect way to experience rail travel if you're on a tighter budget. Plus it offers passengers a number of ways to cut back on costs. Bringing your own bedding, for example, will save you a few pennies while staying in tourist class. The trip from Johannesburg to Cape Town in the tourist class is priced from R630 per person, and coupés for two to four people sharing are available. Children two and under will travel aboard the Shosholoza free of charge, while children between the ages of three and nine years will travel at half price. This makes the journey an affordable one for families looking for a new and exciting way to get to their holiday destinations. Shosholozameyl.co.za



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All prices quoted were correct and items available at the time of going to press, and may vary from shop to shop.





Converse and Warhol unite

Fashion meets art and it's awesome. Jozi's coolest cats were at the launch of the new winter 2015 Converse All Star Andy Warhol Collection, in partnership with the Andy Warhol Foundation. It features bold Warhol imagery across an array of expressive Converse tees and footwear for men and women. Two pop culture icons in one? Yes, please!



Pictures: Ouparazzi.

Collection launch

Mo-T of Micasa, Jay Anstey



SCORPIO October 24 – November 22

It's a great week to put your point across to anyone who'll listen, and even to those who won't! The temptation may be to wear people down with words, but a little subterfuge and sweet talk will have a better effect, whether you're dealing with a partner, potential partner or co-worker. Say it right, and your life and work can be transformed for the better.

SAGITTARIUS *November 23 – December 22*

What's stopping you from making a breakthrough? It could be that you're sabotaging yourself, whether you know it or not. Saturn in your sign can drag you down, but now you're blessed with planets urging you to get tedious chores out of the way and focus on self-care. It's your best time in two years for sticking to a fitness plan, so don't stop.

CAPRICORN December 23 – January 20

You have extra charm, drive and tenacity now, so whatever creative or romantic pursuit takes your fancy, you're not likely to let it go until you've made a lasting impression. But don't just talk, take some action. This could also benefit you career, as showing your more enterprising and artistic side lets the people who count see what an all-round asset you truly are.

AQUARIUS *January 21 – February 19*

If friends seem to be blowing hot and cold this week, leave them to it and do your own thing. Home needs you more now and so does your love life, so turn your attention to where you can do the most. Don't neglect your go-to gang, but look after your own needs now, especially financially, so that you're in a better place to lend a hand if your friends need it.

PISCES February 20 – March 20

You have every intention of saying what has to be said this week, but hold on, especially at work, as emotions could be running high. You have a knack of tuning into undercurrents, but bear in mind that the target of your angst may have things going on that you aren't aware of, so rein your emotions in. You can win the battle or have the moral high ground.

ARIES *March* 21 – *April* 20

You might be hankering for more excitement, only to realise that you need to modify your plans, so that your wants match your circumstances. Money and other people do need to be considered now, but restrictions aren't necessarily a bad thing. They can make you more resourceful and even push you to get to "yes" when everything around you seems to be saying "no". If you want it enough, make it happen.

TAURUS April 21 – May 21

Your heart tells you to take a leap into the unknown this week. It might transform your life in so many ways, but fears about finances could hold you back. Finding the middle ground won't be easy, but this is a week to feel what the right thing to do is, rather than try to reason things out. If you take a risk, make it a calculated one and have a plan B.

GEMINI May 22 – June 21

Making better connections is what this week is all about. The planets are influencing love and work relationships, as well as the way you connect with friends. Now that confident Jupiter's helping you talk your way into anything, follow your creative or romantic instincts to bring about a fated meeting that could prove useful, not just now, but for your future too.

CANCER June 22 – July 23

Actions and words combine powerfully to help you get things done. Change your approach, but make changes from the ground up and from the inside out, as faking it till you make it won't work this time around. Let "firm but fair" be your mantra this week, and don't be restricted by boundaries. Money's on its way to you and love is not far behind.

LEO July 24 – August 23

You're on a roll again, now that Jupiter's active in your sign. What you say can make a difference, so choose your words wisely. Also be aware of what you can learn in every situation, even when you're just travelling to work, as details matter. Fun is back on your radar now, so combine it with a useful purpose to multitask and get ahead.

VIRGO *August 24 – September 23*

A touch of tough love could be required to deal with a situation at home this week. Something is tugging at your heart strings but you know deep down that you have to resist that temptation. Stick to plan A, and don't be swayed into taking softer options. As a result, prosperity will seek you out, rather than you having to chase after money all the time.

LIBRA September 24 – October 23

The recent eclipse in your sign may still be having a profound effect. By now the benefits should be starting to manifest, especially where your friendships and dreams are concerned. It's all about getting out of your own way, and being more aware of what you can offer others, rather than what they can offer you. Listen more and speak less.

And finally...

Melissa Forde has a new job
RiR's childhood BFF/current
insta-assistant has been given
the chance to express herself
sartorially thanks to her recent
appointment as the creative
director of rapper Wale's hat
company, WRKNG Title. To
celebrate, she launched her
very own M\$\$ x WRKNG Title
capsule collection of hats with a
bash, where they were snapped
wearing matching numbers.





JOE MANGANIELLO HELD A BABY, AND OUR OVARIES MELTED. If we needed any further proof that the *Magic Mike XXL* star would be an amazing father, this would be it. Sofía Vergara snapped her future husband bottle feeding his niece, Gia, for the world to see, captioning the snap, "Gia and her favourite uncle" with a bunch of heart-eyed emojis. Yes indeed, the man is a natural.



THERE IS LIFE AFTER MARC BY MARC **IACOBS.** The closure of Marc by Marc Jacobs doesn't spell the end of the partnership between former creative director Katie Hillier and women's wear designer Luella Bartley. Oh no. The pair have now launched their own luxe designer label, Hillier Bartley, with a range of ready-to-wear items, bags and accessories in time for A/W15. We can't wait!





HILARY DUFF IS COVERED IN SECRET TATTOOS. Hilary admitted during a recent appearance on The Ellen DeGeneres Show that her love for the hipster haven of Brooklyn, NYC, is slightly more permanent thanks to the tiny BK tattoo she has inked on her inner arm. And that she has more hidden tattoos, including the phrase "Stand by me' that she shares with her older sister, Hailey. Oh, and she may or may not have a portrait of Ellen tattooed on her upper thigh. "It's my biggest one. Prime real estate," she joked.



a good dog mom In a recent interview, Katy admitted she adopted her dog, Butters, on a whim. And even though she's started bringing the pooch with her on tour now, she's not so keen on doing all the stuff that dog owners

are supposed to do.

COACHELLA BANNED SELFIE

STICKS. The hottest music festival in all of the US has decreed that music/fashion lovers will not be allowed to bring a key accessory along with them this year. Selfie sticks have been added to the list of the festival's forbidden items, which already includes hula hoops and pets. No word yet on Coachella's policy on flower crowns.









David Beckham stripped down again. Seeing as how David and James Corden have already shared a bath together (for Comic Relief in 2010), reuniting to film a spoof underwear ad to promote James' new gig as the host of *The Late Late Show* seems like NBD, right? Especially one tastefully shot in black and white with the tag line, "D&J Briefs. It's underwear for a man with a great body. And David Beckham." Brilliant.



JAY Z LAUNCHED HIS OWN MUSIC STREAMING SERVICE After endless amounts of hype on

After endless amounts of hype on social media, Jay's artist-owned music streaming service, Tidal, was finally launched. Despite the TIDALforALL hashtag, if you want in on this, it's gonna cost you a fee.

* Win a Fossil Emerson SATCHEL worth R4 000, as well as other fabulous Fossil goodies worth R4 700. All SMS proceeds will go to Door of Hope Children's Mission. Entry details below



WHAT'S IN THE BAG?









Complement your bag with these additions: 1. Fossil Sydney zip clutch, R1 300. 2. Fossil rose gold glitz rail bracelet, R2 000. 3. Fossil leather wrist wrap, R700. 4. Fossil rose gold hoop earrings, R700.

TO WIN THE BAG AND DONATE TO CHARITY SMS "FOSSIL" FOLLOWED BY YOUR NAME AND EMAIL ADDRESS TO 44971. SMSes

cost R1.50 per entry. The winner will be selected at random from all the entries received by the closing date. Lines close at midnight on Sunday April 19 2015. Entrants must live in South Africa. For terms and conditions visit Graziadaily.co.za. About the charity: Door of Hope Children's Mission rescues and receives any abandoned, abused and orphaned children and provides a temporary home while seeking a forever family for each child. Learn more at Doorofhope.co.za. Winner of the Paco Rabanne 1 Million giveaway in issue 141: Kerri Ann Edwards



THE ALL-NEW NISSAN QASHQAI. THE ULTIMATE URBAN EXPERIENCE.

Bold, athletic, proudly provocative, and that's all from just a glimpse. Look even closer and you'll find that the all-new Nissan Qashqai offers more than just head-turning looks. It's brimming with exciting technology too. Such as Around View Monitor, Nissan Chassis Control and Nissan Connect, all seamlessly working together to ensure the ultimate driving experience. That's what driving should feel like.

Dynamic Design | Innovative Technology | Inspired Performance



